

Get Hooked on An Italian Classic— Broccoli Rabe

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(NAPSA)—Broccoli rabe is a leafy, budded, dark green vegetable that is often described as a cross between broccoli and mustard greens. However, it's a stand-alone vegetable and if you haven't seen it or tried it, you're in for a big surprise. Packed with an amazing amount of vitamins A and C and cancer-preventing compounds, it is a prominent member of 5 A Day The Color Way's green group. Including in your daily diet a wide range of colorful fruits and vegetables, helps you stay healthy and energetic. Each colorful group—blue/purple, green, white, yellow/orange and red—provides varying amounts of vitamins, minerals, fiber and health-promoting phytochemicals.



Pivonka

your local market. For more broccoli rabe recipes and information, visit the Web site www.andyboy.com; and for more information about 5 A Day The Color Way, visit the Web site www.5aday.com and www.aboutproduce.com.



Broccoli rabe, also known as rapini and broccoli raab, is a classic Italian vegetable well worth trying. You can substitute broccoli rabe, pronounced “rob,” for spinach or broccoli in most recipes; but be prepared—it has a fascinating flavor. For a milder version, try blanching it first. Great for adding a zesty lift to soups, pasta, potato dishes, quiche, casseroles, or served as a side dish with fish, lean beef, pork or chicken. Andy Boy Broccoli Rabe with White Beans is a quick and easy recipe that takes less than 20 minutes to make. Serve it as a vegetarian main dish with some crusty whole grain bread and you have a one-pot meal with very little clean up. This recipe also is a tasty complement to grilled chicken or fish.

Look for broccoli rabe stems that are tender but firm, with many tight heads or “buds.” Preparation is easy, just rinse and trim the ends; leaves, stems and heads are 100 percent edible. Very little cooking time is required, only three to five minutes to steam, stir-fry, braise, or sauté. Broccoli rabe is available year-round; ask your produce manager if it is not readily available at

your local market. For more broccoli rabe recipes and information, visit the Web site www.andyboy.com; and for more information about 5 A Day The Color Way, visit the Web site www.5aday.com and www.aboutproduce.com.

Andy Boy Broccoli Rabe with White Beans

- 2 teaspoons olive oil
- 1 shallot, peeled and chopped
- 1 clove garlic, peeled and thinly sliced
- 1 bunch Andy Boy Broccoli Rabe, rinsed, stems trimmed, chopped
- 1 cup low-sodium chicken broth or water
- 1 (16-ounce) can white cannellini beans, drained and rinsed
- $\frac{1}{8}$ teaspoon crushed red pepper flakes
- 1 ounce shredded Parmesan cheese

Heat a large skillet over medium-high heat. When hot, add olive oil, then shallot and garlic and cook and stir until transparent but not brown, about 3 to 5 minutes. Add broccoli rabe and broth or water and simmer until rabe is tender, about 3 to 5 minutes. Add beans and pepper flakes and cook until beans are hot, about 5 minutes. Garnish with Parmesan cheese. Serve hot. Makes 5 servings.

Nutritional information per serving: calories: 138, total fat: 4.1g, saturated fat: 1.4g, % calories from fat: 26%, protein: 9g, carbohydrates: 18g, cholesterol: 5mg, dietary fiber: 4g, sodium: 322mg.

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Note to Editors: Fifty-seventh in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at www.napsnet.com and search: “Pivonka.”