

# Hot Culinary Trend Is Hot Nutrition Tip

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(NAPSA)—Broccoli Rabe, pronounced “rob,” is making consumers take notice as restaurant chefs explore new ways to enjoy this flavorful, nutrient-packed classic Italian vegetable. Often described as a cross between broccoli and mustard greens, broccoli rabe adds a zesty flavor to meals.



Pivonka

As a member of 5 A Day The Color Way’s green group, broccoli rabe is an excellent source of vitamins A and C

and a good source of folate, calcium and dietary fiber. Vegetables and fruits in the green group help maintain vision health and strong bones and teeth, along with a lower risk of some cancers. Our Color Way Plan groups fruits and vegetables into five color groups—blue/purple, green, white, yellow/orange and red. Since all fruits and vegetables are unique in what they have to offer, be sure to eat one to two servings from each color group every day to give yourself the widest health benefit possible.

Look for broccoli rabe stems that are tender but firm, with many tight heads or “buds”. Refrigerate your broccoli rabe, unwashed, in an airtight plastic bag for up to four days for the maximum flavor and freshness experience. Preparation is easy, just rinse and trim the ends; leaves, stems and heads are edible. Only three to five minutes is needed to steam, stir-fry, braise or sauté. For a tasty side dish, try this versatile recipe for Broccoli Rabe Vinaigrette; it can be eaten hot, warm or at room temperature making it an ideal



dish to enjoy at home or to take to a friend’s house.

For more broccoli rabe recipes and information, visit [www.andyboy.com](http://www.andyboy.com); for more information about 5 A Day The Color Way, visit [www.5aday.org](http://www.5aday.org) and [www.aboutproduce.com](http://www.aboutproduce.com).

## Broccoli Rabe Vinaigrette

- 1 lb. Andy Boy Broccoli Rabe**
- 1 large carrot, peeled and coarsely grated or cut into fine julienne strips**
- ¼ cup prepared balsamic vinaigrette salad dressing**
- ½ teaspoon salt, or less to taste**
- ½ teaspoon pepper**

**Cut broccoli rabe into bite-sized pieces, and steam just until tender, but still firm. Transfer to a serving dish. Sprinkle carrots over the rabe and toss with dressing, salt and pepper. Serve hot, warm, or at room temperature. Serves 4.**

Nutritional information per serving: calories: 58, total fat: 0g, saturated fat: 0g, % calories from fat: 0%, % calories from saturated fat: 0%, protein: 4g, carbohydrates: 11g, cholesterol: 0mg, dietary fiber: 1.0g, sodium: 348mg.

**Note to Editors:** *Seventy-eighth in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at [www.napsa.net](http://www.napsa.net) and search: “Pivonka.”*