

Gleaning Broccoli Raab



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Broccoli Raab, **Protein:** 1.27 g, **Fat:** .20 g, **Carbohydrates:** 1.14 g, **Fiber:** 1.1 g, **Sugar:** .15 g, **Calcium:** 43 mg, **Magnesium:** 9 mg, **Potassium:** 78 mg, **Vitamin C:** 8.1 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Sauteed Broccoli Raab with Garlic and Lemon*

Season: *Fall*

Ingredients: 3 Tbsp. extra virgin olive oil, 1 Tbsp. minced garlic, finely grated zest of half a lemon PLUS the juice to taste, salt and pepper to taste, 1 pound broccoli raab, rinsed, trimmed and blanched.

Instructions: 1. Saute the oil and garlic in a skillet over medium heat. 2. Stir in the lemon zest and salt and pepper. 3. Raise the heat to medium-high. Add the broccoli raab and toss to coat in the oil. Cook until tender. 4. Sprinkle with lemon juice, salt and pepper to taste, and serve immediately. 5. Enjoy!

Fun Facts:

- ★ Broccoli raab can also be labeled as rapini, broccoletti, or cima di rapa.
- ★ A 3 ½ ounce serving of broccoli raab provides more than half of your daily requirement vitamins A and C.
- ★ Reduce the broccoli raab 'bite' by blanching and shocking it before cooking it regularly (giving it a brief dunk in salted boiling water followed by a dip in ice water).

Source: *WholeLiving.com*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
Or to make a donation,

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