Blanched Broccoli or Green Beans

**Serves: 4-6**

|  |  |  |  |
| --- | --- | --- | --- |
| This simple technique is a wonderful staple to add to your repertoire. Blanching vegetables keeps them bright green and beautiful – and makes it more likely that your kids will eat their veggies! | **Cost Per Recipe**  **Cost Per Person** | **Time Required**  Prep: 5mins  Cook: 2mins |  |

|  |  |
| --- | --- |
| **Ingredients** | **Procedure** |
| * 1 teaspoon salt * 1 pound broccoli florets or trimmed green beans   All of this can be bought at Aldi / Shop n Save / Schnucks | 1. Bring a large pot of minimally salted water to a boil. 2. Add the broccoli florets and cook for 1-2 minutes, depending on how crunchy you want the broccoli. 1 minute will turn the broccoli bright green, and leave it still pretty crunchy. 2 minutes will cook the broccoli through, but still firm. Set your timer and do not cook for more than 2 minutes, or the broccoli will get mushy. Drain the broccoli and eat immediately or put into a bowl of ice water to stop the cooking if you are going to eat it later. Let cool and drain. |

|  |
| --- |
| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| * You can use this technique with any green vegetable – asparagus, green beans, broccoli. The salt brings out the chlorophyll in the green veggies and keeps them vibrant and beautifully green – not the olive green that many of us are used to! * Focus participants on using this technique to “freshen up” frozen vegetables, showing them that inexpensive frozen veggies can look and taste just as good as fresh. |