



Broccoli Collection

Created by Blood Sugar Central



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"Broccoli is great raw, steamed, roasted, in salad, in soup, and the list is endless! These little green ""tree stalks"" are packed with vitamins, minerals, and antioxidants your body loves! Broccoli is believed to help protect you from cancer, can help control blood sugar, and supports healthy digestion. PLUS broccoli supports the function of of your brain and immune system, is good for your heart, and also keeps your bones and joints strong!

Here are 4 broccoli recipes to enjoy.



Riced Broccoli -Broccoli Collection

5 ingredients · 10 minutes · 2 servings



Directions

1. First, trim the stalk. Use a knife to cut away any tough, woody parts at the bottom. If the skin is thick, peel it off with the vegetable peeler.
2. Next, chop the broccoli into 1-inch pieces. This step is crucial! If the pieces you add to the food processor are too large, they won't process evenly. You'll end up with a mix of big chunks and mushy, over-processed broccoli. For the best results, break or cut the broccoli florets and stem into 1-inch chunks.
3. Add broccoli to the food processor. Process until the broccoli resembles (green) grains of rice. Stop there and use it in any recipe that calls for broccoli or cauliflower rice. You may need to do this in batches depending on the size of your food processor.
4. Heat the oil in a large non-stick pan over medium heat. [OPTIONAL: lightly sauté the minced garlic and chopped scallions] Add the broccoli rice and cook for about five minutes or until warmed through and tender, but still bright green. Season with salt and pepper to taste. Serve and enjoy!
5. SERVE as is as; ADD to any recipe that calls for rice, OR to turn this recipe into Cilantro-Lime Broccoli Rice --- Remove the pan with the cooked broccoli rice from the heat and stir in some garlic powder (to taste) 1/4 tsp cumin, and a squeeze of lime juice. (to taste)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add dried herbs and spices to taste.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

No Broccoli

Use cauliflower instead.

Ingredients

- 2 cups** Broccoli (cut into small florets)
- 1 1/2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Clove** Garlic Minced (OPTIONAL)
- 2 Scallions** (diced Into Small Pieces) (OPTIONAL)

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Roasted Broccoli - Broccoli Collection

4 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!
4. OPTIONAL: Sprinkle with lemon juice (to taste) before serving OR Sprinkle with a touch of balsamic vinegar and small amount of grated fresh parmesan.
5. Serve with a dip or aioli of choice.

Notes

Storage

Refrigerate in an airtight container for up to 3 days.

No Olive Oil

Use Avocado oil instead.

No Garlic Powder

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Ingredients

- 6 cups** Broccoli (cut into florets)
- 1 1/2 tbsps** Olive Oil (or Avocado Oil)
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt

Chicken & Broccoli Slaw with Peanut Sauce - Broccoli Collection

14 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion. (you can bring out the flavor of the "slaw" by either lightly marinating it in vinegar prior to adding to salad, or VERY LIGHTLY sautéing it prior to adding to salad)
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian

Use roasted chickpeas or air fried tofu cubes instead of diced chicken.

Slow Cooker Version

Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead

The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1 1/4 lbs Chicken Breast (Pre-cooked, cut into cubes or shredded or Prepared per directions.)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (peeled and grated)
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 4 cups Broccoli Slaw (Packaged or finely slice cabbage and broccoli)
- 1 Red Bell Pepper (sliced)
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped, optional)
- 1/4 cup Raw Peanuts (chopped)



Creamy Broccoli Salad - Broccoli Collection

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
2. Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion. [Optional - Lightly marinate the red onion in red wine vinegar or other vinegar of choice prior to adding to the salad]
3. In a small to medium size bowl, combine the tahini, lemon juice, olive oil, sea salt, black pepper and water adding the water in small increments until desired thickness/thinness. Taste for flavor and serve as desired. Use less water for dips and sauces and more water for salad dressings. Pour over the salad and toss well. [OPTIONAL-ADD: 1/2 to 1 tablespoon white miso (to taste); 1/2 to 1 tablespoon tamari (or soy sauce to taste); pinch or two red pepper flakes; 1 – 4 tablespoons
4. Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

Likes it Sweet

Add dried cranberries or diced apple.

Meat Lover

Add bacon.

Ingredients

- 8 cups Broccoli (chopped into florets)
- 1/4 cup Red Onion (finely sliced)
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Water
- 1/3 cup Sunflower Seeds (plain Or Roasted)

