

# FRESH OFF THE PRESS



JUNE 2019 NEWSLETTER

L I V E   Y O U R   W H O L E   L I F E

## BRING ON THE BROCCOLI

Everyone can agree that broccoli is healthy. The cruciferous vegetable is from the same family as kale, cauliflower, Brussels sprouts and cabbage. Broccoli is packed with nutrients, particularly fiber, protein and vitamin C, plus calcium, iron and many other vitamins and minerals. It's also low in calories.

But how does it taste? The answer can be a divisive one. Certainly, many Americans nodded in agreement when, in 1990, then-President George H.W. Bush declared: "I do not like broccoli, and I haven't liked it since I was a little kid and my mother made me eat it, and I'm president of the United States, and I'm not going to eat any more broccoli."

Broccoli doesn't have a long history in the United States. Records show that Founding Father and President Thomas Jefferson, an avid gardener, experimented with growing broccoli way back in the 1700s. But except for Italian immigrants who grew it in their backyard gardens, few Americans were familiar with it prior to the mid-1900s.

Even after broccoli started showing up in markets, many Americans ignored or avoided it. Broccoli

wasn't an option during the canned food era of the 1950s and 60s because the canning process turned the vegetable to mush and left it with a funky color and smell. Those who bought it fresh tended to boil it down to a smelly green pulp and then serve it as a dose of nutrition instead of good taste.

But over the past few decades, we've learned better ways to prepare broccoli. Led by Mollie Katzen's 1982 best-selling vegetarian cookbooks, including *The Enchanted Broccoli Forest*, and the surge in our appreciation for classic Italian cooking, many haters discovered that they actually loved broccoli roasted.

This bright green vegetable has found a place in our diets—so much so that U.S. broccoli consumption has tripled over the past 30 years. And, in a real surprise to those who still find broccoli more nutritious than delicious, one survey last year found broccoli was more popular among Americans than any other vegetable.



# CARING FOR YOUR BROCCOLI



Look to buy broccoli that has firm, dark green florets. Avoid broccoli that has started to turn yellow, since this means that it's starting to rot.



Store it unwashed in your vegetable crisper in a perforated plastic produce bag. Only wash it once you're ready to eat it.



Broccoli will keep for about a week, but it is best eaten within a few days.



## DON'T TOSS THOSE STEMS!

Broccoli stems (or stalks) are commonly believed to be too tough and fibrous to eat. So many cooks toss them in the trash after separating them from the more tender florets. This is a real waste, since the nutritious stems have culinary charms all their own.

The trick is all in the preparation. If they are particularly tough, peel them first and then cut them into slices or thin sticks. You can then eat them raw, possibly alongside a vegetable dip. Or, cook them in olive oil on the stovetop or in a hot oven.

Broccoli stems also make for an easy, great-tasting slaw. Just shred the stems using a grater, toss with a favorite vinaigrette and set aside for an hour or so to let the flavors blend.

Before you know it, you'll be buying broccoli for its stems as much as for the florets.

## DID YOU KNOW?



Broccoli originated in Italy, where it was developed from wild cabbage.



The Italian name for broccoli is "broccolo," meaning the flowering top of a cabbage.

### BROCCOLI SALAD WITH WATER CHESTNUTS AND DRIED CRANBERRIES

7 cups chopped broccoli florets (from about 2 heads of broccoli)

1 cup grated broccoli stem (also from those same 2 heads of broccoli)

2 (5-ounce) cans sliced water chestnuts, drained

1/3 cup dried, unsweetened cranberries

3 tablespoons canola oil

3 tablespoons red wine vinegar

1/2 teaspoon garlic powder

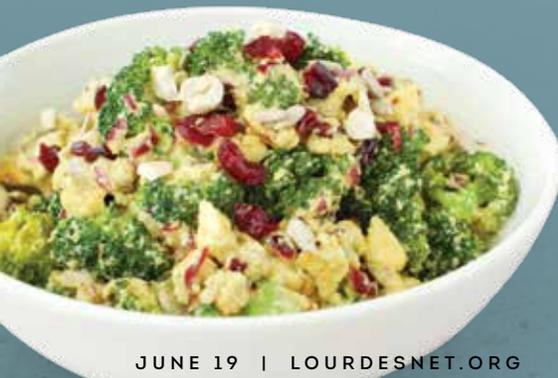
1/4 teaspoon salt

1/4 teaspoon ground black pepper

Remove and reserve the stalks from the broccoli. Chop broccoli florets into bite-size pieces. Add into a large zip-top bag with water chestnuts and dried cranberries.

With a box grater, grate the stalks to get around one cup of grated broccoli stem. Add into the bag.

In a small bowl, add oil, vinegar, garlic powder, salt and pepper. Whisk with a fork to combine. Add dressing into the zip-top bag. Seal the bag and gently toss to combine. Refrigerate for at least an hour, and up to 24 hours, to let the broccoli marinate in the dressing. Serve.



Recipe yields: 4 servings

Per Serving: 182 Calories, 11g Fat, 20g Carbs, 9g Fiber, 192mg Sodium, 0mg Cholesterol, 2g Sugar, 5g Protein

Source: American Heart Association

# BENEFICIAL BROCCOLI

Making broccoli a regular part of your diet is easy. It's available year-round, inexpensive, tasty whether raw or cooked and takes little time to prepare. Making broccoli a regular part of your diet is also smart, since it's so nutritious.

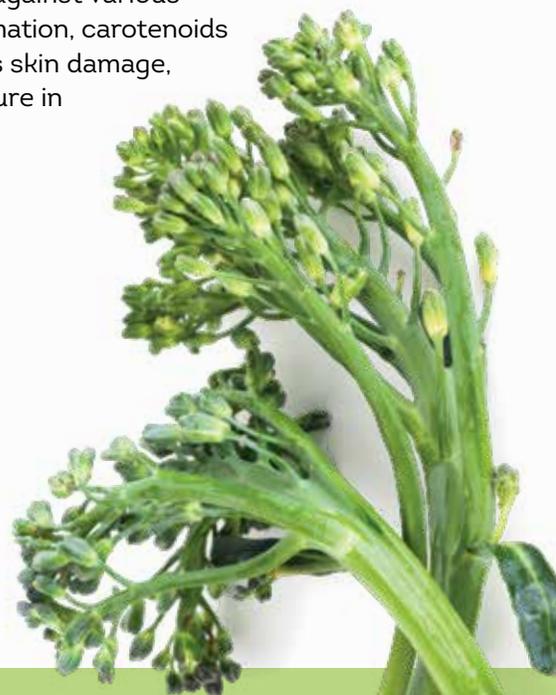
Here are a few of the ways broccoli can improve your health:

-  **FIBER:** One cup provides 5 percent to 10 percent of the recommended daily intake, helping to lower cholesterol, regulate blood sugar levels and aid digestion.
-  **IRON:** Essential to the transport of oxygen throughout the body.
-  **CALCIUM:** Helps strengthen bone and prevent osteoporosis.
-  **VITAMIN K:** Enables proteins that are critical to blood clotting.
-  **VITAMIN C:** Abundant amount supports immune function and skin health.
-  **ANTIOXIDANTS:** Sulforaphane protects against various cancers, kaempferol helps reduce inflammation, carotenoids support eye health, glucoraphanin repairs skin damage, and quercetin helps to lower blood pressure in people with hypertension.

## IS BROCCOLINI JUST BABY BROCCOLI?

Broccolini looks like just the baby version of broccoli, but really it's a cross-breed of broccoli and Chinese broccoli. Its flavor is less bitter than regular broccoli, and is even a bit sweet. Its texture is more tender than crunchy, with an agreeable balance of stem, leaf and buds.

As a member of the same family as broccoli, it contains many of the same health benefits while being a little bit easier to prepare. All you have to do is trim the ends. A common preparation is simply tossing it with olive oil, salt and pepper and then roasting, grilling or sautéing it until slightly tender.



 The average American eats over four pounds of broccoli a year, according to the U.S. Department of Agriculture.

 China is the world's top producer of broccoli, growing over 8 million tons a year. The United States is the world's third.

## BROCCOLI CHEESE SOUP

1 teaspoon canola oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
4 cups broccoli florets, chopped  
2 cups low-sodium chicken or vegetable broth  
1/2 teaspoon mustard powder  
1/4 teaspoon pepper  
1/8 teaspoon hot pepper sauce  
1 pinch salt  
2 cups fat-free milk  
1/3 cup all-purpose flour  
1/2 cup fat-free half-and-half  
2 ounces cheddar cheese, shredded  
2 tablespoons Parmesan cheese

In a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for three minutes, or until the onion is almost soft, stirring frequently.

Stir in the broccoli, broth, mustard, pepper, hot-pepper sauce and salt. Increase the heat to medium-high and bring to a simmer. Reduce the heat and simmer for five minutes, or until the broccoli is tender, stirring occasionally.

In a medium bowl, whisk together the milk and flour. Stir into the soup. Simmer for two minutes, or until the mixture has thickened, stirring occasionally.

Stir in the half-and-half, cheddar and Parmesan. Cook over medium-low heat for two minutes, or until the cheeses have melted, stirring occasionally.

Recipe yields: 8 servings

Per Serving (3/4 cup): 110 Calories, 2.5g Fat, 16g Carbs, 2g Fiber, 192mg Sodium, 5mg Cholesterol, 7g Sugar, 8g Protein



# YOUR SHOPPING LIST FOR STROKE PREVENTION

Eating a healthy diet is an important step when it comes to reducing your risk of having a stroke. Whether you're cooking for yourself or a family member, planning your grocery list can help you eat healthier. Making healthy food choices can help you reduce your risk for heart disease, manage your weight and lower your blood pressure.

Unsure of what you should include on your stroke prevention shopping list? Here are some ideas from the National Stroke Association:



### **Berries and other fruits:**

Berries are chock-full of antioxidants and essential vitamins. Select fruits that are rich in color, such as bananas, apples, oranges, strawberries and blueberries, because they are the richest in nutrients.



### **Quinoa:**

This whole grain is full of fiber and protein.



### **Unsalted almonds, pistachios and walnuts:**

Tree nuts can help fight constant hunger because they contain healthy fats.



### **Cabbage, spinach and green onions:**

Dark, leafy green vegetables are not only low in calories and carbohydrates, but they also provide you with a variety of key vitamins and minerals.



### **Salmon, halibut and trout:**

Fish contains important omega-3 fatty acids that can reduce your risk of developing heart disease—which can lead to stroke.

**If you think you or a loved one is having a stroke, call 911 immediately.**

## LIVE WELL WITH LOURDES DOCS



Lourdes Cardiology's "Walk, Dine and Shop with a Doc"—a free program connecting Lourdes heart specialists with the community for walks at local parks, health presentations, smart shopping experiences with ShopRite dietitians and other special events—continues this summer and fall.

**Practice yoga** with Rozy Dunham, MD, FACC, on Saturday, June 22 from 8 to 9 a.m. at Barclay Farmstead (209 Barclay Lane, Cherry Hill).

**Shop** with Vivek Sailam, MD, on Wednesday, July 10 from 6 to 7 p.m. at ShopRite of Marlton (307 Route 70 West, Marlton).

**Cook** with Jason Smith, DO, and a chef from Alfreea on Thursday, August 1 from 6 to 7 p.m. at LourdesCare at Cherry Hill (1 Brace Road, Cherry Hill).

**Walk** with Vivek Sailam, MD, on Saturday, October 5 from 8:30 to 10:15 a.m. at Laurel Run Park (173 Creek Road, Delran).

To register for these great activities, call **1-888-LOURDES (1-888-568-7337)**.

## CONQUER DIABETES

The three-week Lourdes Diabetes Program is designed to help people living with diabetes gain the skills necessary to manage their condition and work effectively with their healthcare professionals. Classes are held weekday evenings and Saturdays at convenient locations across the area. Spanish sessions also are available.

Classes are covered by most insurance plans. To learn more, call **1-877-533-4222**.