

BRASSICAS

FUN FACTS

Brassicas are a family of plants that includes kale, broccoli, cabbage, cauliflower, Brussels sprouts, collard greens, mustard greens, kohlrabi, and more! They are hearty vegetables that grow well in all types of weather. Brassicas are very versatile and are delicious when braised, sautéed, roasted, and used in salads.



Most vegetables in the brassica family are a great source of vitamins A, C and K, folic acid, and potassium. Many brassicas are high in beta-carotenes, which are known to have anti-carcinogenic properties. They also are rich in phytonutrients, or plant-based compounds, that may help lower inflammation.

SOURCES: Britannica.com, Visual Food Encyclopedia, eatright.org

NUTRITION

RECIPE: BROCCOLI SALAD

INGREDIENTS

6 lbs broccoli
1 medium red onion
1 qt reduced-fat mayonnaise

1/2 cup apple cider vinegar
1/4 cup granulated sugar
1 qt + 1/2 cup raisins

YIELD: 50 - 1/2 cup SERVINGS



PREPARATION

1. Trim broccoli and cut into bite-sized pieces.
2. Trim and peel onion. Cut into small dice.
3. Whisk mayonnaise, vinegar, and sugar in a large bowl. Stir in the broccoli, onion, and raisins.

SOURCE: Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

3/8 cup dark green vegetable
1/8 cup fruit

RECIPE: KALE PESTO

INGREDIENTS

2 lb (1 gal) kale, packed
1 1/2 cups olive oil
1/2 cup grated Parmesan cheese
2 Tbsp lemon juice

1 Tbsp garlic, minced
1 Tbsp Kosher salt
1/2 tsp ground black pepper

YIELD: 64 - 1 Tbsp SERVINGS



PREPARATION

1. Remove thick stems from kale and tear into 2-inch pieces.
2. Fit a food processor with a steel blade. Make pesto in batches by filling the food processor 1/2 full with kale. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. Transfer to a large bowl. Repeat with the remaining kale and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt and pepper. Add to the bowl and stir well to blend flavors.
3. Serve with whole wheat pasta, as a sandwich condiment, or as a salad dressing.

Adapted from Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

1/8 cup dark green vegetable

