



Broccoli Caesar Salad Boats

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

mince: to chop into teeny tiny pieces.

peel: to remove the skin or rind from something using your hands or a metal tool.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Measuring spoons
- ☐ Small bowl
- ☐ Whisk
- ☐ Large mixing bowl
- ☐ Serving plate for salad
- ☐ Salad spoons or tongs

Ingredients

Broccoli Caesar Salad Boats

- ☐ 1 garlic clove

- ☐ 1 lemon
- ☐ 2 T mayonnaise **** (for EGG ALLERGY sub vegan mayonnaise, like Vegenaïse) ****
- ☐ 1/2 tsp soy sauce
- ☐ 1/4 to 1/2 teaspoon honey
- ☐ 1 T olive oil
- ☐ 1 T grated Parmesan cheese **** (for DAIRY ALLERGY sub nutritional yeast) ****
- ☐ 1 head romaine lettuce

Food Allergen Substitutions

Broccoli Caesar Salad Boats

Dairy: Substitute nutritional yeast for Parmesan cheese.

Egg: Substitute vegan mayonnaise, like Vegenaïse, for the mayonnaise.

Instructions

Broccoli Caesar Salad Boats

peel + mince + whisk

Smash, peel, and mince **1 peeled garlic clove** and add it to a bowl. Slice **1 lemon** and squeeze the juice over the garlic. Then add **2 T mayonnaise, 1/2 tsp soy sauce, 1/4 to 1/2 tsp honey, 1 T olive oil,** and **1 T grated Parmesan cheese** to the garlic. Whisk the ingredients together to emulsify them.

wash + separate + chop + fill

Wash and separate leaves from **1 head of romaine lettuce** (serve 1 to each person) and line them side by side on a plate. Chop the remaining romaine leaves and add to a big mixing bowl. Chop **1 1/2 heads broccoli florets** into very small pieces and add them to the lettuce bowl. Drizzle your homemade Caesar dressing over the veggies and toss to coat everything evenly. Spoon the broccoli filling into each "lettuce boat" and sprinkle with extra grated Parmesan cheese!

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good

source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.