

Broccoli Rabe



Selecting

Broccoli Rabe is similar to rapini. It is closely related to the turnip.

It has thin broccoli stalks with small clusters of buds and dark green leaves.

Select ones with plump moist stems, small leaves, and a fresh green colour with no yellowing or wilting leaves.

Broccoli Rabe has a bitter flavour that mellows with cooking.

Storing

Wrap unwashed greens in damp paper towels; place in a perforated plastic bag and store in the refrigerator crisper for three to five days.

Preparing

Wash well before cooking in a bowl of cold water. Separate the stems and remove the tough ends. Stems will take a few minutes longer to cook. All parts of the broccoli rabe is edible.

Broccoli Rabe can be prepared by steaming, sautéing, blanching, microwaving or simmering.

Seasonality

Broccoli Rabe is available locally from July to October but can be purchased all year round.

Nutrition

Broccoli Rabe is an excellent source of vitamins C and K, folate, calcium, potassium and beta-carotene.



Broccoli Rabe is a cruciferous vegetable, and a member of the Mustard Family. Try it in this recipe:

www.halfyourplate.ca/recipe/broccoli-rabe-and-kale-harvest-salad

