

## And the Number One Nutritionally Dense Vegetable is.....Broccoli

by John Rizzo

**I**t's probably no surprise that broccoli has the reputation of being a healthy, nutritious vegetable, but it may be better for you than you think.

Broccoli, a cruciferous vegetable, (others include: cauliflower, cabbage, Brussel sprouts, kale, and mustard, turnip and collard greens) is loaded with phytochemicals which are proven to have anti-cancer effects.

Only cruciferous vegetables have been linked to lowering your risk for lung cancer. In addition, broccoli can reduce the risk of breast, prostate, cervical, stomach, esophagus, pancreas, and colon cancers. In addition it can help the body fight and eliminate abnormal cells such as leukemia and melanoma cells.

If this isn't enough, broccoli is also associated with reducing the risk of cardiovascular disease, cataracts, strokes, and birth defects in unborn children.

Ounce for ounce, broccoli has more vitamin C than an orange and as much calcium as a glass of milk; more 3 times the fiber in one spear of broccoli than a slice of wheat bran bread.

If you truly don't care for broccoli, keep in mind that all the cruciferous vegetables contain similar nutrients and exhibit the same healthy benefits that broccoli does. And tender young broccoli sprouts, possess 10 to 100 times more phytochemicals than broccoli itself.

### Broccoli Cauliflower Salad

*Yield: 10 (1/2 cup servings)*

Broccoli	1 head	Bacon, Cooked Crisp	1/2 lb.
Cauliflower	1/2 head	Mayonnaise	1 cup
Grape Tomatoes (halves)	1 cup	Cider Vinegar	2 TBL
Sweet Onions, minced	1/4 cup	Sugar	2 TBL
Mozzarella Cheese, shred	1/2 cup	Ground Pepper	1 tsp.
Parmesan Cheese, grated	2 TBL	Garlic Powder	1/2 tsp.

Cut Broccoli and cauliflower into bite size flowerets and discard stems. Steam or boil for approximately five minutes or until tender; immediately cover with ice which will rapidly cool the vegetables and avoid overcooking. After they cool, drain well.

Combine mayonnaise, vinegar, sugar, parmesan cheese, black pepper, and garlic powder; mix well. Crumble the bacon.

Combine mayonnaise mixture, broccoli, cauliflower, grape tomato halves, onions, mozzarella cheese, and bacon; mix well and chill until ready to serve.