

LEMON ZEST BROCCOLI

Serving: 1/2 cup

Vegetable

This recipe comes from Claire Kozower, Farm to School Coordinator at the Somerville Public Schools, who says it is excellent the next day too.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Broccoli bunches	10 lbs 5 oz About 10 bunches	20 lbs 10 oz About 21 bunches	<ol style="list-style-type: none"> 1. Remove broccoli crowns from stems and chop. To use optional stems, remove bottom 1-2 inches, peel and slice thinly. 2. Steam the broccoli, with stems, if using them, in a steamer or in a large pot with 2 inches of water, covered, over high heat, JUST until bright green, 2-7 minutes, depending on method used. CCP: Heat to 140°F or higher. 3. Drain thoroughly. 4. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater. 5. Mix together the broccoli with the lemon zest, Parmesan cheese, salt, pepper and olive oil in hotel pans. CCP: Hold for hot service at 140°F or higher.
	12 lbs About 12 bunches, if using florets only, discarding stems	24 lbs About 24 bunches, if using florets only, discarding stems	
Lemons, fresh	2	4	
Parmesan cheese, good quality, grated	3 ounces (3/4 cup)	6 ounces (1-1/2 cups)	
Salt	1 Tbsp	2 Tbsp	
Pepper	2 tsp	1 Tbsp 1 tsp	
Oil, olive	3/4 cup	1-1/2 cups	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips

• **Broccoli:** Cooking time: Cook until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Lemon:** To zest, use a zester or grate whole lemon against the fine side of a grater, removing only the yellow outer skin. *Technique to remove zest from grater,* fit plastic wrap against the small holes of a zester. Zest yellow onto the plastic. Remove plastic, and then use the dull end of the knife to scrape off the zest from the plastic. *An alternative technique,* peel with sharp vegetable peeler, leaving as much of the pith (white) behind as possible. Chop in food processor with sharp blade.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	68	Vitamin A (IU)	591
Cholesterol (Mg)	1	Vitamin C (Mg)	86.79
Sodium (Mg)	196	Protein (G)	3.28
Fiber (G)	2.66	Carbohydrate (G)	6.79
Iron (Mg)	0.77	Total Fat (G)	4.03
Calcium (Mg)	63.73	Saturated Fat (G)	0.74