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# Food of the Month

## March: Broccoli

- ◆ Broccoli contains glucoraphanin, which the body processes into the anti-cancer compound sulforaphane. Broccoli shares these cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, brussels sprouts and cabbage.
- ◆ Like many whole foods, broccoli is packed with soluble fiber that draws cholesterol out of your body.
- ◆ Broccoli is a particularly rich source of kaempferol and isothiocyanates, both anti-inflammatory phyto nutrients. Research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our body. Broccoli even has significant amounts of omega 3 fatty acids, which are well know as an anti-inflammatory.
- ◆ Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively.
- ◆ Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.
- ◆ Broccoli is a smart carb and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories.

### Nutritional Information: per 100g Broccoli

Calories	34
Protein	2.8g
Carbohydrate	7g
Fat Total	0.4g



### RECIPE:

#### **Chicken, Broccoli and Dukkah Salad**

- 2 1/2 tablespoons olive oil
- 2 small (500g total) chicken breast fillets
- 500g broccoli, cut into florets
- 2 teaspoons finely grated lemon rind
- 1 tablespoon lemon juice
- 1/3 cup pine nuts
- 1/4 cup pistachio dukkah (see note)
- 120g baby spinach

#### **Directions**

Heat 2 tsp oil in a large, deep frying pan over medium- high heat. Cook chicken for 4 to 5 mins each side or until cooked through. Transfer to a plate. Cover with foil. Stand for 5 minutes. Slice. Wipe pan clean.

Meanwhile, place broccoli in a large, heatproof microwave - safe bowl. Add 2 tbs cold water. Cover with plastic wrap. Microwave on HIGH (100%) for 2 min or until bright green and tender.

Combine lemon rind, lemon juice and remaining oil in a bowl.

Place pine nuts in frying pan over medium heat. Cook, tossing, for 2 minutes or until toasted. Transfer to a bowl. Add dukkah to pan. Cook, stirring, for 1 min or until fragrant. Add chicken, broccoli and pine nuts to pan. Toss for 1 to 2 mins or until coated. Transfer to a heatproof bowl.

Add spinach and dressing to chicken and season. Toss to combine. Serve.