

# Broccoli — a good source of Vitamin C

Fresh broccoli represents one of the richest sources of vitamin C available to us in any vegetable. The secret to taste and nutritive value is of course, preparation.

Prepare fresh broccoli in a steam basket and cook only until tender. The vegetable should retain its bright green color and a slightly crunchy texture.

Broccoli is delicious raw — used as a dipper or steamed, lightly salted and drizzles with butter and a dash of lemon juice. The above are my favorite, but we also enjoy the vegetable cooked in a custard sauce topped with lots of cheese.

Oh, perhaps you would enjoy broccoli quiche, broccoli soup, or a quick stir fried broccoli. remember not to overcook for best results.

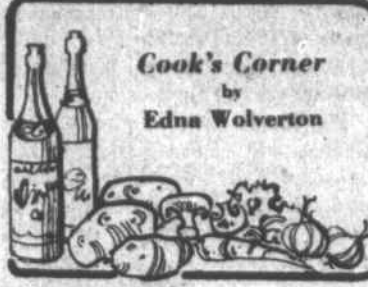
**BROCCOLI & CHEESE CUSTARD**  
 1 bunch fresh broccoli  
 3 eggs  
 2/3 c. milk  
 1 1/4 c. grated sharp cheese  
 salt and pepper to taste  
 1/3 c. bread crumbs

Steam broccoli until partially done. Combine eggs, milk, cheese, salt and pepper. Arrange broccoli in a shallow buttered baking dish. Pour egg mixture over all. Top with bread crumbs.

Set casserole in a pan with about 1" of hot water. (Baking the casserole in a pan of water, helps to set the custard and to make it smoother.) Bake at 350 degrees for 30 minutes or until firm. Serves four.

**BROCCOLI WITH SESAME SEEDS**  
 1 1/4 lbs. broccoli

**Cook's Corner**  
 by  
 Edna Wolverton



1 T. sesame seeds  
 3 T. peanut oil  
 3 cloves garlic — minced  
 3 T. dry white wine  
 3 T. water  
 3 T. soy sauce  
 1/4 t. salt  
 1/4 t. sugar

Remove florets from broccoli. Chop the stalks into 1" slices. Heat wok or electric skillet to 325 degrees.

Cook sesame seeds until toasted. Remove and set aside.

Heat wok or skillet to 375 degrees. Pour in oil, add garlic and broccoli stems and stir fry for 4 to 5 minutes. Reduce heat to 325 degrees. Stir in florets, wine, water, soy sauce and sugar. Cover and cook 3 to 4 minutes. Remove to serving dish and top with sesame seeds. Serves 6.

**DIP FOR BROCCOLI**  
 2 lb. fresh broccoli  
 1 c. sour cream  
 2 T. tomato paste  
 1/4 t. dried basil  
 2 t. minced drained capers  
 1/4 t. salt

Cook broccoli in 1" salted water for ten minutes. Drain and cool. Combine other ingredients. Chill broccoli and dip.



Members of the N.C. Wildlife Resources Commission's water safety team for District one are: l to r, Kelly Dilday, Terry Waterfield, Calvin Barnes, Ron Mason, and Ken Craft. (Photo by Mike Overton).



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