

# XCentric Ideas



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Recipe ideas from Internet  
All photos my own

# Broccoli Facts

- Want something high in Vitamin C but don't feel like eating fruit? Broccoli is very high in Vitamin C, making 1 cup of chopped broccoli the Vitamin C equivalent of an orange. One cup of raw chopped broccoli will give you your entire daily needed intake.
- *Broccoli is also very high in Vitamin A. Vitamin A helps fight cancer within your cells, as well as keep your eyes healthy and stave off glaucoma and other eye degenerative diseases. It also helps to promote healthy skin, break down urinary stones (a big issue with the summer heat and dehydration) and maintain healthy bones and teeth.*
- It's important to note that broccoli is best eaten raw. Since cooking and processing broccoli destroys some of its antioxidants.
- *Broccoli is one of the very low calorie vegetables; provides just 34 calories per 100 g. Nevertheless, it is rich in dietary fiber, minerals, vitamins, and anti-oxidants that have proven health benefits.*
- Furthermore, it is also a good source of minerals like calcium, manganese, iron, magnesium, selenium, zinc and phosphorus.

## Side effects of Broccoli:

- People taking blood-thinning medications should watch their broccoli intake, since the vegetable's vitamin K content may interfere with the medication's effectiveness.
- *The most common side effect is gas or bowel irritation.*

# Raw broccoli balls



2 cups raw broccoli florets  
About ¼ cup feta cheese  
2 tbsp olive oil  
Spices, to taste  
1 tbsp Chilli sauce (optional)

*In processor, chop the broccoli finely. Add the feta cheese, spices and chilli sauce. Blend till smooth. This will make a paste – perfect for a dip!!!! Or a spread on crackers / bread.*

*Roughly make balls with this mixture, put on a plate and refrigerate overnight. It will firm up and you can pick it up with your fingers. Perfect for a snack!!*

# Steamed broccoli 'couscous'



Fresh broccoli, stalks & florets  
Spices  
Grated cheeses (optional)

*In processor, chop the broccoli till it resembles couscous. Steam it for 2 minutes in water (or stock), drain well.*

*You can use this as your 'starch' with any protein / vegetables.*

*Or you can add cheeses, spices and use as **side dish**.*

*Or you can mix the steamed 'couscous' with chopped vegetables and cooked protein as your **main dish**. (Like you would have done with couscous).*

*Or mix it with mayonnaise, hard boiled eggs, olives, sundried tomatoes and feta cheese – and use as a **salad**.*

# Mash with broccoli and cheese



Fresh broccoli, stalks & florets  
Spices  
Prepared mash  
Grated cheeses (Cheddar, Gouda,  
Mozzarella)

*In processor, chop the broccoli till it resembles couscous. Steam it for 2 minutes in water (or stock), drain well.*

*Mix the steamed broccoli 'couscous' into the prepared mash with spices and grated cheeses.*

# Raw broccoli pesto



3 tbsp fine breadcrumbs (*or you can leave out the crumbs and add more oil*)  
100g Broccoli florets and stalks, rinsed, drained  
1 small garlic clove, chopped  
50g Parmesan or Cheddar cheese, grated  
2 tbsp lemon juice (Note: you can add more once everything is mixed)  
Sea salt and freshly ground pepper, to taste  
3 tbsp oil (olive / sunflower)  
(you can add nuts if you want)

*Put the broccoli florets, garlic, lemon juice, oil and pepper in a food processor and pulse until finely chopped. Add the cheese and breadcrumbs. Add salt to taste. Add more lemon juice, oil and pepper if you want.*

*(You don't have to use breadcrumbs – I use it, cause then I can use less oil.)*

This is a refreshing spread for baguette, toast, or even as a dip. I've mixed my pesto with cooked rice.

# Broccoli, Pear and Blue Cheese Quiche



± 180g Broccoli florets, steamed  
410g tinned pears, drained, sliced in the length  
100 g Roquefort cheese (any other blue cheese)  
2 large eggs  
120 ml milk  
Black pepper

Preheat oven to 180 °C. Place the steamed broccoli florets in greased pie dish/pan. Arrange the pear slices in-between. Grate the blue cheese all over. Mix the eggs, milk and black pepper and pour over. Bake on the bottom oven shelf for about 30 minutes, till top is golden brown and mixture is set.

Serve with a meat / fish or a fresh salad/crusty bread.