



# Broccoli: The Ultimate Recipe Guide - Over 30 Healthy & Delicious Recipes

*Jonathan Doue M.D.*

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## **\*\* Over 30 Healthy & Delicious Recipes \*\***

For years, parents have been right: Eating your broccoli is a good idea. This hearty, tasty vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. We have gathered the most sought after and best selling broccoli recipes. Enjoy!

### **- Did You Know -**

**Broccoli contains sulforaphane, an isothiocyanate and powerful anticancer substance.**

**Broccoli contains fiber, flavonoids, indoles, vitamins and minerals that may also play a role in disease prevention.**

**Broccoli is low in calories, fat free and contains no cholesterol.**

**Broccoli provides two antioxidants that are important for eye health.**

### **Take a peak at a few of the recipes you can find inside!**

**Broccoli Casserole**

**Broccoli Polonaise**

**Broccoli Lasagna**

**Broccoli Bread**

**Broccoli Quiche**

**Broccoli Coleslaw**

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