



>> *Ask Melissa* <<

CUT FOOD WASTE

Q My family loves broccoli, but I feel I'm throwing away most of it when I trim off the stems. What can I do?

A Broccoli bunches are a two-for-one ingredient because you can absolutely eat the florets and the stems—no waste (not to mention, whole bunches are cheaper than buying just the crowns). Instead of tossing the stems, give them a two-second trim with a vegetable peeler and they become tender, sweet and delicious. When roasting broccoli, keep the stems attached to the florets and halve the broccoli lengthwise for a more elegant look (bonus: my girls love to eat “trees” for dinner). Or, save the florets and use just the stems in a variety of healthy recipes. Try a raw preparation like **slaw** (thinly sliced stalks, cilantro, green onions and raisins tossed in a dressing of Greek yogurt, light mayo and cider vinegar) or a **cooked pasta** dish (stalk ribbons cooked with chopped tomatoes, garlic, lemon, chicken broth and red pepper flakes, then tossed with fettuccine and topped with Parmesan).

Melissa d'Arabian is a Food Network host, best-selling author, and mother of four. Her new cookbook Supermarket Healthy is available now. Ask her a question about cooking, parenting or budgeting at relish@athlonmediagroup.com.