

Available Now...

Broccoli

Good quality broccoli should have fresh-looking, light green stalks of consistent thickness. Bud clusters should be compact and dark green with some purple tinge.

Broccoli is low in fat and sodium, high in vitamin C and folate, and a good source of fiber and potassium.

Look for Colorado broccoli at your local grocery store, farmers' markets or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

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www.coloradoagriculture.com
for a complete list of recipes.

Broccoli Cheese Strata

*Chef Jason K. Morse, C.E.C.
Valley Country Club, Aurora, Colo.*

- 7 slices Sourdough Bread, cubed into 1" squares
- 1-1/2 lbs. Ham, diced
- 2 cups Broccoli, blanched, chilled and chopped
- 1 clove Garlic, minced
- 8 Eggs
- 6 fl. oz. Whole Milk
- 1/3 bunch Italian Parsley, chopped fine
- 1 tsp. Black Ground Pepper
- 1/2 cup Asiago Cheese, shredded
- 1/2 cup Aged Sharp Cheddar Cheese, shredded

Preheat oven to 375° F. In a large sauté pan, add a small amount of oil and cook the ham then add the minced garlic. Mix the eggs, milk, parsley and black pepper in a large bowl. In a 9 x 13 casserole pan, spray well with non-stick pan spray and layer bread, cooked ham, broccoli, cheese and then pour the egg mixture on top. Allow the egg mixture to soak into the bread, press into pan to ensure all is coated. Cover with foil and bake for about 40 minutes, uncover and finish until center is fully cooked. The dish will have a nice golden color when done. Top with additional cheese if desired.



Next Month...*Cantaloupe*