



## Chinese Broccoli (Gai Lan)

### 3 Prep and cooking tips

- Stems can be cut and prepared separately from the leaves. The stems can be thicker and take longer to soften.
- Enjoy Chinese broccoli raw or cooked. Cut the stalks into thin lengthwise pieces or chop into smaller pieces.
- Try boiling pieces of Chinese broccoli before adding to stir fry. Roasting in the oven is another delicious way to prepare Chinese broccoli.

### 2 Shopping and storage

- Stems can have some small buds and white or yellow flowers. Avoid Chinese broccoli that have several older, fully opened flowers. Also avoid Chinese broccoli with soft stems.
- Store unwashed Chinese broccoli in an unsealed bag in the refrigerator for up to 3 days.

### 1 Nutrition Fact:

- Chinese broccoli is an excellent source of Vitamin B6 and manganese! Vitamin B6 helps our bodies produce insulin and fight against infections. Manganese helps keep our nervous system healthy and helps our body regulate blood sugar.

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