

Broccoli Sprouts

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Broccoli is one of the most versatile vegetables. It can be eaten raw with a dip, tossed into a stir fry or steamed and served with a pat of butter. Another versatile vegetable is broccoli sprouts. Broccoli sprouts are just as delicious as broccoli and can be a nice alternative to serving broccoli in the traditional sense.

Broccoli sprouts are easy to grow and even if you don't have a large vegetable garden on your property you can be enjoying homegrown sprouts in a matter of days. They are tasty and can be added to a sandwich or a salad. Broccoli sprouts contain all of the same nutrients as the traditional heads of broccoli we are all accustomed to.

If you don't have a green thumb but still want to enjoy the nutritional benefits of broccoli sprouts they can now be purchased in most supermarkets. Normally placed near the broccoli they are best when they are relatively fresh. You can tell how fresh they are by their texture. Broccoli sprouts should be crunchy and firm.

Most children shy away from vegetables that are unfamiliar to them. Trying new things is often the last thing they want to do. If you explain that the sprouts are just another form of the broccoli that they like in their salad or with dip, they will be more likely to give them a chance. If broccoli isn't one of their favorite foods than it might be best not to mention that the sprouts are actually just another form of that.

Adding the broccoli sprouts to familiar dishes is also an effective way to introduce them to the younger members of your family. When added to a beef stir fry or chicken chow mein the taste blends well with the other ingredients.

Adding the sprouts to other dishes is just as easy. Salads are family favorites and often contain many assorted vegetables including tomatoes, carrots and radishes. Throwing in a few broccoli sprouts will only add to the crispness and flavor of the salad.

For many people broccoli just isn't high on their list of favorite foods. For these people the idea of eating another food that is related to the vegetable is really unappetizing. However, it's important to note that the flavor of the broccoli sprouts is different than the flavor of a head of broccoli. It's impossible to know whether or not you'll like the sprouts unless you give them a taste. Broccoli sprouts are an inexpensive way to add a nutritional food to your menu. Experiment with them and create some dishes of your own.