

D'Arrigo Bros. Co., of California

Your Recipe Guide To A
SIZZLIN'
SUMMER



KERI GLASSMAN

5 REASONS TO ADD NUTRIENT- DENSE BROCCOLI RABE TO YOUR DIET

Remember the first time you cut open an avocado and realized its nutrition-packed culinary possibilities? (Pause for swooning.) It's time to share a similar moment with broccoli rabe.

This super healthy veggie is extremely nutrient-dense and is becoming more and more available at the supermarket (and on restaurant menus).

That's partially thanks to its bold, earthy flavor, but its nutrient cred is just as impressive. Check out these five reasons to add broccoli rabe to your diet ASAP.

GET HEALTHY
STAY HEALTHY
SLIM DOWN WITH
ANDY BOY BROCCOLI RABE

A top-down view of a metal baking tray filled with roasted broccoli rabe. The vegetable is bright green with some charred edges, indicating it has been cooked. The tray is set against a dark, textured background.

KERI GLASSMAN

5 REASONS TO ADD NUTRIENT- DENSE BROCCOLI RABE TO YOUR DIET

1. It's the perfect complement to a high-protein meal.
2. It's filled with iron.
3. It can help maintain a strong immune
4. It can help build strong bones.
5. It can help you slim down.

The best part, of course? Broccoli rabe is delicious, and it's easy to incorporate into your cooking in so many different ways. I make quesadillas with Andy Boy Broccoli Rabe and even add it to hummus. Trust me, it's the perfect addition to your usual veggie line-up.

Visit [NutritiousLife.com](https://www.nutritiouslife.com) for full article.



BACON WRAPPED PARMESAN BROCCOLI RABE

Ingredients

1 large bunch broccoli rabe
2 Tbsp olive oil
salt + pepper, to taste
1/2 tsp crushed red pepper flakes
12 pieces thin cut bacon
1/2 cup fresh grated parmesan
2 Tbsp honey
1/4 cup pine nuts, chopped
fresh herbs + cherry tomatoes, for serving
(optional)

Basil Roasted Garlic Dip

5 cloves garlic
1/2 cup full-fat plain Greek yogurt
1/4 cup olive oil
1/2 cup fresh basil
juice of 1 lemon
pinch of crushed red pepper flakes
salt, to taste

Directions

1. Preheat the oven to 400 °F.
2. Line a baking sheet with foil and place a cooking rack over the foil.
3. Place the broccoli rabe in a large bowl and toss with the olive oil, salt, pepper, and crushed red pepper flakes.
4. Divide the broccoli rabe into 12 bunches (about 3 stalks per bunch). Wrap 1 piece of bacon around the stalk of each bunch. Secure the bacon wrapped broccoli rabe with a toothpick. Place the broccoli rabe onto the rack on top of the prepared baking sheet.
5. Sprinkle the parmesan over the bunch of bacon wrapped broccoli rabe.
6. Drizzle the honey over each piece of bacon.
7. Place the pan in the oven and roast until the broccoli rabe is roasted + crisp and the bacon looks fully cooked, about 25 minutes.
8. Remove from the oven and remove the toothpicks.
9. Sprinkle with freshly grated parmesan, chopped toasted pine nuts, and cherry tomatoes if desired. Serve with the Basil Roasted Garlic Dip (recipe below).

Basil Roasted Garlic Dip

1. Heat a skillet over medium heat and add 1 Tbsp olive oil.
2. Add the garlic and cook until the cloves are golden with some black spots, about 9 minutes.
3. Transfer to a food processor. Add the remaining ingredients and process until completely smooth; season with salt and pepper.

See [here](#) for more recipe details.



GLAZED CHICKEN BURGERS WITH GARLICKY BROCCOLI RABE

Ingredients

Burger

- | | |
|--|-----------------------------|
| 4 Tbsp extra virgin olive oil, divided | 1/2 tsp ground black pepper |
| 1 sweet onion, minced | 1 Tbsp soy sauce |
| 2 cloves garlic, minced | 1 Tbsp rice vinegar |
| 1/2 cup chopped fresh cilantro | 1 egg |
| 1 tsp Chinese 5 spice | 1 lb ground chicken |
| 1/2 tsp cayenne pepper | 1 1/2 cup panko breadcrumbs |
| 1/2 tsp dry mustard | 1/2 cup sweet chili sauce |
| 1 tsp salt | 4 brioche buns, halved |

Garlicky Broccoli Rabe

- 2 Tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 4 heaping cups chopped broccoli rabe
- salt and freshly ground black pepper, to taste

Lemon Mayonnaise:

- 1/2 cup mayonnaise
- 1 heaping Tbsp lemon zest
- 1 Tbsp lemon juice

Directions

1. Preheat the oven to 375°F.
2. Make the burgers: in a medium sauté pan, heat 1 Tbsp olive oil over medium heat. Add the onion to the pan and sauté until tender, 4-5 minutes. Add the garlic and cook until fragrant, 1 minute more.
3. Transfer the onion and garlic to a large bowl and let cool slightly. Stir in the cilantro, 5 spice, cayenne, mustard, salt, pepper, soy sauce, rice vinegar, and egg. Mix well to combine.
4. Add the ground chicken and mix to combine. Add the breadcrumbs and mix just until fully incorporated. Divide the meat into 4 even pieces, and form into patties.
5. In a large sauté pan, heat the remaining 3 Tbsp olive oil over medium heat. Add the patties to the pan and cook until evenly browned, 3-4 minutes per side. Glaze each side of each patty with 1 Tbsp sweet chili sauce, and transfer the pan to the oven. Continue to cook until the patties are fully heated through, 8-10 minutes more.
6. While the burgers cook, make the broccoli rabe: in a large sauté pan, heat the olive oil over medium heat. Add the garlic and reduce heat to low. Cook for 1 minute, then add the broccoli rabe, and continue to cook until the rabe is tender, 5-6 minutes. Season with salt and pepper. Keep warm.
7. Make the mayonnaise: in a small bowl, stir ingredients together. Spread 2 tsp on each side of each bun.
8. Heat a large cast iron skillet over medium heat. Place the buns, mayonnaise side down, into the pan and toast until evenly golden, 3-4 minutes.
9. To serve, scoop 1/4 of the broccoli rabe onto the bottom of each bun, and place a patty on top. Finish with the top toasted bun, and serve immediately.

See [here](#) for more recipe details.



BROCCOLI RABE CITRUS SALAD

Avoid beach bloat this summer with this light and refreshing salad. Its pungent buzz, paired with the cool slices of citrus, is so refreshing after rich dishes and fatty meat.

Ingredients

- 1 bunch broccoli rabe
- 2 blood oranges or 1 red ruby grapefruit, peeled, and piths removed
- 4 oz thinly sliced manchego or pecorino cheese
- 2 Tbsp kosher salt
- good quality extra-virgin olive oil

Directions

1. Remove the largest leaves from each stalk and reserve them for some other purpose. Trim off any discolored tips from the bottom of the stems. For tender stems, use a paring knife to peel the skin from the thick, bottom stems as you would when preparing asparagus stalks. Wash in cold water.
2. Heat a pan filled with enough water to cover the greens. When it comes to a rolling boil, add the kosher salt. If you like broccoli rabe's characteristic mustardy kick, blanch the greens for no more than 10 seconds; drain at once, plunge into ice water to prevent overcooking; drain again. If you prefer a more mellow flavor and tender but firm texture, boil over medium-high heat for about 1 minute. Drain and submerge in ice water. Drain again or whirl in a salad spinner. Pat dry.
3. Slice the oranges or grapefruits crosswise into 1/8-inch-thick rounds.
4. Arrange the citrus slices on a platter, top with the broccoli rabe, and generously drizzle the best olive oil you have over it all. That's it!



ROMAINE HEART POKE WRAPS

Aloha! Bring Hawaii to you with this simple and tasty dish. By wrapping it up in a Romaine Heart leaf, you can preserve the flavor while cutting the calories! Be sure to use the best-quality tuna available – when in doubt, ask your fishmonger if it is safe to consume raw.

Ingredients

- 1/2 cup toasted sesame oil
- 1/4 cup coconut aminos
- 2 tablespoons fresh squeezed orange juice
- 2 tablespoons rice vinegar
- 1 tablespoon chili garlic paste
- 2 teaspoons fresh ginger, grated
- 1 lime, tested and juiced
- 1 tablespoon black or white sesame seeds
- 1 1/2 pounds sashimi grade wild ahi tuna, cubed

Toppings

- 1/2 cup red cabbage, sliced thinly
- 1 avocado, cubed
- 1/2 cup pineapple, cubed
- black sesame seeds, for sprinkling
- green onions, for sprinkling

Directions

1. In a large bowl, combine all of the ingredients except the tuna.
2. Whisk the sauce well to combine. Add the tuna and toss well. The tuna can sit in the marinade for a half a day or so, but if you leave it any longer, the acid in the citrus will begin to slowly cook the fish.
3. Wash and pat dry the romaine hearts and begin to assemble the wraps.
4. Add a few spoonfuls of the poke to each romaine heart. Top off with fresh avocado cubes, pineapple, red cabbage and black sesame seeds. Serve immediately.



SWEET ARUGULA FENNEL SALAD

This simple, yet refreshing fennel salad is a perfect side dish for the summer months and can be prepared in just 10 minutes! Delicious and nutritious, both your palate and waistline will be thanking you.

Ingredients

- 4 large handfuls of arugula
- 1 large cucumber, peeled seeded & sliced
- 1 large fennel bulb, sliced
- 1 apple, peeled, cored & diced
- 1/3 cup golden raisins
- 1/3 cup dried cherries

Paleo Ranch Dressing (Yields Roughly 1/2 Cup)

- 1/2 cup avocado oil mayonnaise (or mayo of preference)
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder

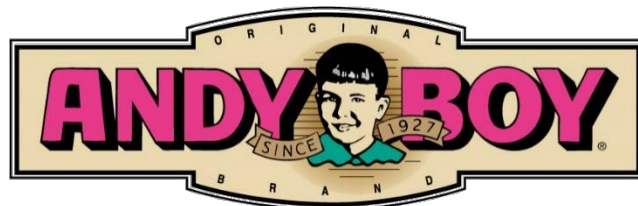
Directions

For the dressing:

1. In a glass jar, combine the dressing ingredients. Shake very well! Store in an airtight container in the refrigerator for up to 10 days.

For the salad:

1. On a serving platter, arrange all of the vegetables.
2. Add raisins and cherries on top.
3. Drizzle with desired amount of dressing and toss until well combined. Serve immediately.



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HAPPY SUMMER!

Celebrate the hottest time of year with these tasty dishes! On an extra - warm day, pair recipes with a cactus pear wine spritzer and enjoy poolside! Visit AndyBoy.com for recipes, tips and more!

Thank you.

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☀️ Powered by the Sun ☀️

2.2MW Solar System - Largest Customer-Owned net metered solar power project in Monterey County