



## *The Edible Garden*

Recipe featured at the *Cooking for Your Health* demonstration,  
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### **Broccoli with Grainy Mustard**

By: Gayle Schmidt, Manager of Public Education at The New York Botanical  
Garden

#### **Ingredients**

2 heads of broccoli  
2/3 cup of chicken or vegetable broth  
1 teaspoon fresh thyme (or ½ teaspoon dried)  
2 tablespoons plain yogurt or sour cream  
2 tablespoons whole grain mustard

#### **Instructions**

1. In a medium saucepan, bring the broth and thyme to a low boil. Add broccoli and cook for about 5 minutes, when its color is bright green and is fork-tender.
2. Turn off heat. Remove broccoli with a slotted spoon and place in a serving dish.
3. To the broth, add yogurt and mustard. Whisk until evenly mixed.
4. Pour sauce over broccoli and serve.