What Is That Smell?

If you have ever cooked broccoli before, you are probably aware of a sulfur smell in your kitchen. This aroma, though, is actually the chemicals in the vegetable that may help protect against cancer. Here are some tips that can help cut down on those unwanted smelly symptoms:

- Chop and cook these vegetables! Simmering, sautéing, and steaming will help the chemicals break down and aid in easier digestion. Cook just until tender and serve immediately for best flavor and aroma. No overcooking allowed!
- Add them into your diet slowly. This will allow your body to get used to the compounds and digest them better.
- Try them raw, too. They are wonderful “dippers” in hummus or salad dressing.