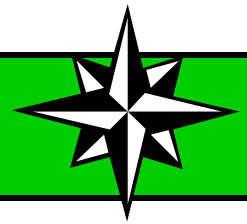


BROCCOLI



To Look for: Stalks—fresh looking, light green, even thickness, easy to pierce with fingernail. Buds—compact, dark green with some purple tinge.



At Home: To keep broccoli fresh, refrigerate within 30 minutes of purchase. Store in plastic bag in refrigerator crisper for up to 16 days (best to use within 5 days). Rinse with clean drinking water just before using.



Nutrition Facts

Serving Size 1 medium stalk
(148 g)

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 5g

Vitamin A 15% - Vitamin C 220%

Calcium 6% - Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Additional Nutrition Information

Potassium 540mg **15%**
Folate **25%**



Your Health: Broccoli is a “powerhouse” vegetable:

- Very Good Source of Vitamin C
- Good Source of Vitamin A
- Good Source of beta-carotene
- Very Good Source of Fiber
- Also includes calcium, iron, potassium and folate



Benefits: Eating more vegetables, especially high fiber, Vitamin A, C and beta-carotene rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects



Tips to Eat More Broccoli: A serving of broccoli is ½ cup raw or cooked.

- Though you may be most familiar with the florets, after trimming both the stems and florets can be eaten raw or cooked
- Keep raw, chopped broccoli in the fridge for a quick snack
- Add raw, chopped broccoli to vegetable trays and eat with reduced fat vegetable dip or salad dressing
- Add raw, chopped broccoli to salads for extra crunch
- Steam broccoli with a vegetable steamer; season with herbs and lemon juice
- Or cook broccoli in the microwave with a small amount of water until heated through
- Add broccoli to quick and easy meat or vegetarian stir-fry dishes
- Top a baked potato with cooked broccoli and cheese
- Add cooked broccoli to your favorite pasta dishes
- Add chopped broccoli to your pizzas before baking or to take-out pizzas before reheating



Quick Recipe Ideas:

- Easy, healthy ranch dip: Combine 1 pint plain yogurt and one envelope ranch salad dressing mix.
- Make your favorite dip recipe healthier by substituting lower fat sour cream or mayonnaise.

• **Broccoli, Cheese, and Rice Casserole:**

- 1 c. uncooked instant rice or regular white rice
- ½ c. chopped onion
- ¼ c. skim milk (1/2 c. if using regular rice)
- 4 oz. light processed cheese, cubed (like Velveeta Light)
- 2 Tbsp. butter or stick margarine, softened
- 7 ½ c. chopped broccoli
- 1 10-3/4 oz. can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted

g., Vitamin A: 30%, Vitamin C: 120%, Calcium: 15%, Iron: 4%.
(www.cookinglight.com).



For One or Two:

To serve two follow same directions using: ¼ c. instant or regular white rice, 2 Tbsp. chopped onion, 1 Tbsp. skim milk (more if using regular rice), 1 oz. light processed cheese, 1 ½ tsp. margarine or butter, softened, 1 ¾ c. chopped broccoli, ¼ can (10.75 oz.) condensed reduced fat, reduced sodium cream of mushroom soup, undiluted. Save the rest for a quick, reheatable meal or divide this recipe by 2 to serve just one.

Preheat oven to 350 degrees.

Combine all ingredients in a large bowl, and spoon into 2-quart casserole. Cover and bake for 45 minutes or 10-15 minutes more if using regular rice.

Makes 8 servings.

Per Serving: Calories: 150, Total Fat: 5 g. (8%), Saturated Fat: 3 g., Cholesterol: 15 mg. (6%), Sodium: 420 mg. (18%), Total Carbohydrate: 19 g., Dietary Fiber: 2 g. (10%), Sugars: 4 g., Protein: 7

Modifications: If desired add cooked, cubed meat like chicken or turkey before cooking—about 4 c. if serving 8 and 1c. if serving two.

Storage and Freezing: The cooked casserole will keep in the fridge for 2-3 days or will freeze. Thaw before reheating to prevent drying out.

Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to broccoli.