

## HARVEST OF THE MONTH:

# Broccoli



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## HEALTHY BENEFITS OF EATING BROCCOLI

- Green fruits and vegetables help maintain vision health and strong bones and teeth. They may also lower cancer risks.
- A serving of broccoli has more Vitamin C than an orange and as much calcium as milk.
- A medium spear of broccoli has 3 times more fiber than a slice of wheat bran bread and more fiber than an apple.
- Broccoli is available year round! Frozen or fresh, it's almost always in stores.

## PRODUCE & PURCHASING TIPS

- Look for a firm stem with tight, compact florets that are dark green. Avoid broccoli with open, flowering, discolored or water soaked bud clusters.
- Store unwashed broccoli in an open plastic bag and place in refrigerator for up to 5 days.
- Rinse, don't soak, broccoli in cool water just before using.
- Boiling broccoli can cause it to lose 25% of its nutritional value. So try steaming, roasting, microwaving, grilling or eating raw broccoli for the most nutritional benefit.
- To eliminate the smell of broccoli, add a slice of bread to the pot.
- Ask your student which type of broccoli did he or she enjoy at school. Make a new broccoli recipe together.

## ENJOY YOUR ABCs

**All of these vitamins and minerals are packed into broccoli, giving it the name "Crown Jewel of Nutrition"**

- Vitamin A
- Vitamin B
- Vitamin C
- Beta carotene
- Iron
- Fiber
- Magnesium
- Folate
- Potassium

Nutrition Facts	
Serving Size 71 g	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber	0%
Sugars	
Protein 2g	
Vitamin A 43%	Vitamin C 110%
Calcium 3%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

# Broccoli Recipes

## ENGLISH MUFFIN BROCCOLI PIZZA

### INGREDIENTS

- 4 whole-wheat English muffins
- ½ cup pizza sauce
- 1 C. shredded cheese
- ½ cup diced broccoli
- 1 small can sliced black olives
- ¼ C. chopped onions

### DIRECTIONS

Spread each English muffin half with pizza sauce. Top with cheese and vegetables. Bake at 350 degrees for 12-15 minutes.

## EASY ROASTED BROCCOLI

### INGREDIENTS

- 1 small head of broccoli, chopped
- ½ teaspoon salt
- 1 T oil
- 1 lime wedge

### DIRECTIONS

Rinse broccoli, chop to bite-sized pieces, and put in a bowl. Drizzle on oil and salt. Mix in the bowl to make sure everything is coated. Spread broccoli florets evenly on a baking sheet. Bake at 400 degrees F for about 20 minutes, or until the broccoli is tender. Take out of the oven, and squeeze lime on top before serving.



## BROCCOLI SOUP

### INGREDIENTS

- 1 -2 tablespoon oil 1 onion, diced
- 2 garlic cloves, minced
- 1 large head broccoli, trimmed and chopped
- 1 potato, diced
- 6 cups vegetable stock
- Salt & pepper

### DIRECTIONS

In a large deep pan heat the oil over medium and add the onion & garlic. Cook gently until softened for about 2-3 minutes. Add the potato, broccoli and stock and bring to the boil. Turn heat down and simmer for 20 minutes until vegetables are cooked. Either pour into a blender and blend, or use a hand blender in pan to make a smooth mixture. If using a blender add soup back to the pan and heat gently. Add salt and pepper to taste.

## BROCCOLI SALAD

### INGREDIENTS

- 1 head fresh broccoli, cut into bite size pieces
- 1/4 cup red onion, chopped
- 1/2 cup raisins
- 3 tablespoons white wine vinegar
- 1 1/2 tablespoons white sugar
- 1 cup low-fat mayonnaise
- 1 cup sunflower seeds

### DIRECTIONS

In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours. Before serving, toss salad with sunflower seeds.