

BROCCOLI



TRY THIS

- Add broccoli to casseroles, eggs, pastas, soups, and stir fries.
- Squeeze fresh lemon over cooked broccoli for a burst of flavor.
- Toss broccoli with vegetable oil, minced garlic, and a pinch of salt. Roast at 400 F on a baking sheet for 20 minutes and serve.

BUYING OR STORING

- Select broccoli with a firm stalk and tightly compacted florets.
- Store unwashed fresh broccoli in the refrigerator for three to five days in an open or perforated plastic bag or like a bouquet of flowers with stems in water, loosely covered in plastic, changing water daily.
- To freeze: Cut into bite-size pieces and blanch before freezing to help broccoli keep its color and flavor. Broccoli will keep frozen in a plastic bag or container up to one year.
- Wash all fresh fruits and vegetables before using. Rinse broccoli in cool water.

30-MINUTE BROCCOLI CHEESE SOUP

Time: 20–30 minutes | Makes: 4 servings | Serving Size: About $\frac{3}{4}$ cup

Nutrition Information Per Serving: Calories 363, Carbohydrate 26g, Dietary Fiber 3g, Protein 26g, Total Fat 18g, Saturated Fat 9g, Cholesterol 47mg, Sodium 541mg

INGREDIENTS

1 tablespoon olive oil
1 small onion, diced
3 cups low-sodium vegetable or chicken stock
3 cups fresh or frozen broccoli florets, chopped

One 15-ounce can fat-free evaporated milk, shaken
1½ cups cheddar cheese, shredded
Pepper to taste

INSTRUCTIONS

1. Heat oil in large saucepan over medium heat. Add onions and sauté until soft, about 3–5 minutes.
2. Add broccoli and sauté for 2 minutes.
3. Add stock slowly. As stock begins to boil, reduce heat to low, partially cover pan, and let simmer for 5 minutes.
4. Add evaporated milk slowly. Raise heat to medium for 3 minutes, then turn off heat.
5. Add cheese and mix gently.
6. Add pepper to taste and serve.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Use leeks instead of onions.
- Add 1 cup diced potatoes to Step 2.
- Garnish with low-fat yogurt, sliced green onions, bacon bits, and chopped fresh chives.

