



Broccoli



Come bask in the beautiful nutritional bounty that is Broccoli!

Nutrition Tips

- 1 cup raw broccoli has only 30 calories!
- Provides folic acid, beta carotene and vitamins C and K.
- Ounce for ounce, broccoli has as much calcium as milk.

How to Pick a Perfect Head of Broccoli

- Available year-round, though it is a cool-weather vegetable that is best between January and March.
- Choose bright green broccoli, with tightly bound buds and firm tender stalks.
- Avoid yellowing leaves or flowering buds.
- Store unwashed in a plastic bag in the crisper drawer of the refrigerator and use within a few days.

How to Increase Consumption

- Enjoy raw with hummus.
- Add broccoli to your favorite dish like casseroles, pot pies, macaroni and cheese, etc.
- Lightly steam and dip broccoli in a low-fat cheese or marinara sauce for a snack.
- Use a food processor and put broccoli in sauces, soups, meatballs, lasagna, ground meat, etc.
- Dice into small pieces and put in a tossed salad.
- Steam and toss with garlic, olive oil and parmesan cheese.

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Featured Broccoli Recipe

Broccoli with Orange Sauce

Serves 2

- 1 bunch broccoli (about 1 lb.)
- ½ cup orange juice
- 3 green onions, chopped
- 2 tsp. balsamic vinegar
- dash red pepper flakes



Make sauce in a small skillet by combining orange juice, green onions, vinegar and pepper flakes. Simmer over medium heat until reduced to half, about 2 minutes; set aside. Trim broccoli and place broccoli florets and a small amount of water in a microwave-safe dish with a lid. Microwave until crisp tender, about 5 minutes. Spoon sauce over top and serve hot.

Per serving: 133 calories, 1 g fat, 6.5g protein, 27 g carbohydrate, 6 g fiber, 76 mg sodium

This recipe is a Foot Steps to Health recipe and is 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>