

Broccoli

Choose bunches with tight florets that are dark green, purplish or bluish green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Broccoli are vegetables which grow as florets (clusters of flower buds) on stalks (stems).

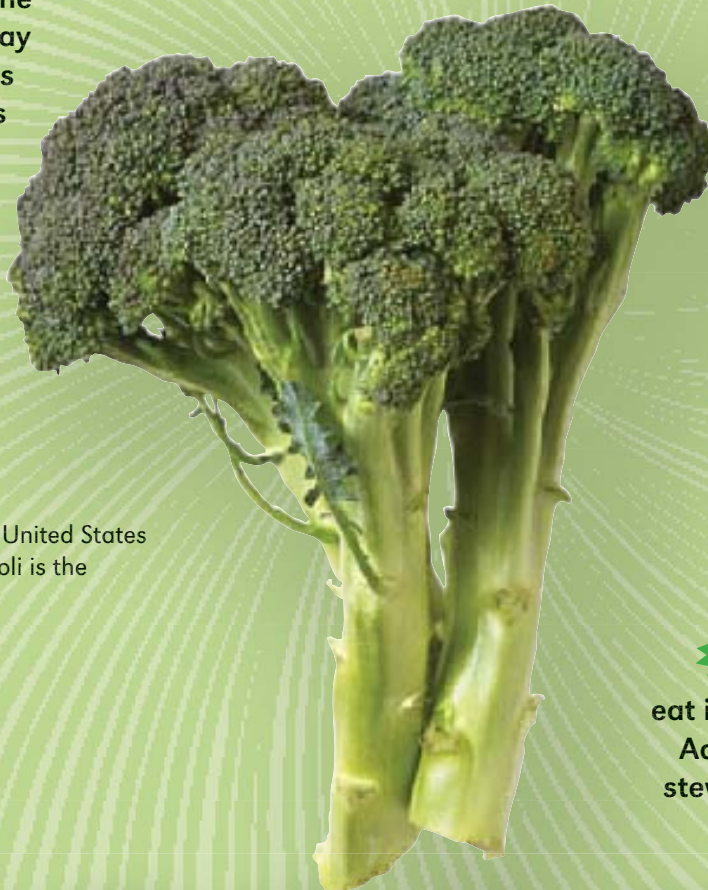
Broccoli has been around for more than 2,000 years and was first grown in Italy.
The name broccoli comes from the Latin word *brachium*, which means "branch" or "arm."
Americans have grown broccoli for over 200 years.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk.

Fresh broccoli contains more nutrients than frozen broccoli.

VARIETIES

There are many varieties. In the United States the most common type of broccoli is the Italian Green Sprouting variety.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of folate, iron, calcium and fiber

USES

Steam broccoli or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles and stir-fries.



Broccoli Soup
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



3 c. broccoli, chopped	2 T. cornstarch
½ c. celery, diced	¼ tsp. salt
½ c. onion, chopped	Dash black pepper
1 c. low sodium chicken broth	Dash ground thyme
2 c. skim milk	¼ c. Swiss cheese, grated

1. In a medium saucepan, place vegetables and broth. Bring to boil.
2. Reduce heat, cover, and cook until vegetables are tender (about 8 minutes).
3. In a small bowl, mix milk, cornstarch, salt, black pepper, and thyme; add to cooked vegetables.
4. Cook, stirring constantly, until soup is lightly thickened and mixture begins to boil.
5. Remove from heat. Add cheese and stir until melted.

Nutrition Information per Serving: Calories 140, Total Fat 3 g (5% DV), Saturated Fat 2 g (8% DV), Cholesterol 10 mg (3% DV), Sodium 270 mg (11% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 5 g (20% DV), Sugars 9 g, Protein 11 g, Vitamin A 35%, Vitamin C 140%, Calcium 30%, Iron 8%.

Pasta Primavera
Preparation time: 30 minutes
Number of servings: 2
Cups of fruits or vegetables per serving: 3



1 c. broccoli florets	Sauce:
1 c. carrots, sliced	1 T. margarine
1 c. zucchini, sliced	1 T. all-purpose flour
1 c. macaroni or rotini pasta	1 c. skim milk
	¼ tsp. dried basil
	⅛ tsp. black pepper
	2 T. Parmesan cheese, grated

1. In a medium saucepan, place vegetables and about 1 inch of water. Bring to a boil.
2. Reduce heat, cover, and cook until vegetables are crisp-tender. Drain.
3. In another saucepan, cook macaroni according to package directions.
4. In a small saucepan, melt margarine and sprinkle in flour. Gradually stir in milk and seasonings.
5. Cook over medium heat, stirring constantly, until sauce thickens.
6. Remove from heat and stir in cheese. Pour over hot vegetables. Add macaroni and mix together.

Nutrition Information per Serving: Calories 360, Total Fat 8 g (12% DV), Saturated Fat 2 g (10% DV), Cholesterol 5 mg (2% DV), Sodium 200 mg (8% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 5 g (20% DV), Sugars 11 g, Protein 15 g, Vitamin A 180%, Vitamin C 80%, Calcium 25%, Iron 15%.