

# Broccoli



## Nutrition Facts:

Broccoli is high in vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy.

Broccoli is high in folate which may reduce a woman's risk of having a child with a brain or spinal cord defect.

## Selection:

Choose bunches with firm stalks and tightly closed dark green buds.

Avoid limp broccoli and broccoli with yellow buds.

## Storage:

Keep broccoli in the refrigerator crisper drawer and use within 5 days.

## Preparation:

Wash broccoli in cold water.

Discard large leaves and ends of stalks if they are tough.

## Serving ideas:

Eat broccoli raw with dip.

Add broccoli to salads, soups, stews, and casseroles.

To cook, place cut broccoli in a saucepan or pot in 1 inch of cold water and cook over medium heat about 10 minutes, or until tender.

## Recipe: Apple Broccoli Salad

### Ingredients

3 apples, chopped  
3 cups fresh raw broccoli, cut into bite-sized pieces  
 $\frac{1}{4}$  cup chopped pecans  
1 Tablespoon chopped red onion  
 $\frac{1}{3}$  cup raisins  
 $\frac{1}{2}$  cup vanilla nonfat yogurt  
lettuce (optional)

### Directions

1. Wash hands with warm water and soap.
2. Cut the apples and remove the seeds. Chop apples.
3. Cut broccoli into bite-sized pieces.
4. Mix all ingredients together.
5. Serve over lettuce if desired.

Makes 6 servings

Nutrition information per serving: Calories, 136; carbohydrate, 24 gm; protein, 3 gm; total fat, 4 gm; saturated fat, 0 gm; trans fat, 0 gm; cholesterol, 0 mg; fiber, 4 gm; sodium, 33 mg; calcium, 72 mg; folate, 32 mcg; iron, 0.8 mg; percent calories from fat, 24%.



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