

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Broccoli

You can find POW! info sheets on the EHHD website! www.ehhd.org
Look on the left menu bar for Produce Of the Week



What vegetable has been around for more than 2000 years?

BROCCOLI!

- ◆ Choose bunches that are dark green with firm stalks.
- ◆ Good color indicates high nutrient value.
- ◆ Stalks that bend or seem rubbery are of poor quality.
- ◆ Store broccoli unwashed, in an open plastic bag and place in the crisper drawer of refrigerator. (Wash just before using.)
- ◆ Fresh broccoli is best when used within a day or two after purchasing (or picking!).

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- **1/2 cup raw broccoli is one serving**
- **One serving contains about 10 calories**
- **Broccoli is an excellent source of vitamins A & C, and contains fiber & calcium**

Did you know?

- ◆ The first commercially grown broccoli was grown and harvested in New York in the early 1900s.
- ◆ Broccoli comes from the Latin word Brachium, which means branch or arm.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Broccoli Frittata

2 Servings

INGREDIENTS

- ◆ 1/4 cup non-fat cottage cheese
- ◆ 1/4 tsp dried dill
- ◆ 3 eggs
- ◆ 1 cup frozen chopped broccoli
- ◆ 1/2 tsp olive oil
- ◆ 1/4 cup diced onion

DIRECTIONS

1. Mix cottage cheese and eggs; set aside.
2. In large non-stick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill; sauté for 5 minutes, or until broccoli mixture softens.
3. Add egg and cheese mixture to pan with vegetables; rotate pan so that eggs are evenly distributed.
4. As eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges.

Simple ways to enjoy broccoli:

Steam fresh broccoli till tender crisp ~ Eat raw ~ Add raw or steamed broccoli to fresh salads ~

~Throw a handful of diced broccoli into any stir-fry or soup~

Broccoli Soup

4 Servings

INGREDIENTS

- ◆ 1 1/2 cups chopped broccoli (or 10-ounce pkg. frozen broccoli)
- ◆ 1/4 cup diced celery
- ◆ 1/4 cup chopped onion
- ◆ 1 cup low sodium chicken broth
- ◆ 2 cups nonfat milk
- ◆ 2 Tbsp. cornstarch
- ◆ 1/4 tsp. salt
- ◆ Dash pepper
- ◆ Dash ground thyme
- ◆ 1/4 cup grated Swiss cheese

DIRECTIONS

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

Recipes adapted from : www.allrecipes.com & www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!