Broccoli

Key Points

- Excellent source of numerous nutrients, including vitamin C, vitamin A, and folate. High in vitamin K and a good source of dietary fiber. Contains carotenoids and flavonoids that may be good for health.
- Kids may be more likely to eat veggies that have catchy names, like Power Punch Broccoli.
- Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Broccoli Salad

Number of servings: 8

Ingredients:

6 cups broccoli, chopped into bite-size pieces

1 cup raisins

1 medium red onion, finely chopped

8 turkey bacon slices, cooked and crumbled

6 ounces plain nonfat yogurt

Directions:

1. In a bowl, add broccoli, onion, raisins, and bacon. Toss.
2. Add yogurt and mix well.
3. Chill for 1-2 hours. Serve.

Per serving: 123 calories; 3 g fat (1 g saturated fat); 6 g protein; 21 g carbohydrate; 3 g dietary fiber; 13 mg cholesterol; 218 mg sodium.

Vegetable Frittata

Number of servings: 8

Ingredients:

Nonstick cooking spray

4 cups broccoli florets

1 cup mushrooms, chopped

1/2 cup green peppers, chopped

8 eggs

1/3 cup water

1 teaspoon crushed Italian seasoning

1/4 cup low-fat cheddar cheese, shredded

1 tablespoon Parmesan cheese, shredded

Directions:

1. Set oven to broil.
2. Wrap plastic handle of 10-inch skillet with foil to make it ovenproof. Evenly coat skillet with nonstick cooking spray. Heat to medium on stove.
3. Add vegetables and cook until tender crisp.
4. In a medium bowl, beat together eggs, water, and seasoning until well-blended. Add cheddar cheese.
5. Pour over vegetable mixture. Cover, cook in skillet until eggs are almost set, about 10-12 minutes.
6. Broil for 1-2 minutes more, to brown eggs.
7. Sprinkle with Parmesan cheese and cut into 8 wedges.

Per serving: 99 calories; 6 g fat (2 g saturated fat); 9 g protein; 3 g carbohydrate; 1 g dietary fiber; 213m g cholesterol; 114 mg sodium.

Quick Tips

- Choose broccoli with dark green, compact clusters and firm stems.
- Store in a perforated plastic bag. Store broccoli in refrigerator for up to seven days.
- Wash thoroughly under running water before eating, cutting, or cooking.
- Steam broccoli by placing in a covered microwave-safe container with a small amount of water, low-sodium seasonings, and minced garlic. Cook on high for about 5 minutes, until tender crisp.
- Grate broccoli and use like you would cabbage.

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