



THE VERSATILE VEGGIE broccoli

Broccoli can be prepared so many ways. It can be steamed, boiled, microwaved, baked, eaten raw or sautéed. It is a great addition to casseroles, stir-fries, soups and salads.

Go for the green! The darker green color the higher the nutrient content is of the vegetable, such as broccoli. Eating more fruits and vegetables like broccoli can help lower high blood pressure.

Did you know?

- Broccoli is high in nutrients such as vitamin A, vitamin C and folate and is a good source of fiber.
- Broccoli is a cruciferous vegetable that is a member of the cabbage family; it is closely related to cauliflower.

Florida broccoli is typically available in January, February and March.

Shopping, Preparing and Storing

- To freeze, wash and cut broccoli into florets. Steam or blanch for about five minutes. Plunge into a bowl of ice water, drain and place in freezer-safe bags to freeze for up to one year.
- Avoid broccoli with brown stems or yellow florets when shopping.

Cooking Tips

- Steaming or microwaving broccoli for a short period of time with a little water is the best way to preserve its nutrients.
- To roast broccoli, toss with a bit of olive oil and a dash of salt. Spread the broccoli out on a baking sheet and place in a 400 degree oven until the desired doneness is reached.

CHEESY BROCCOLI SCRAMBLED EGGS

- Cooking spray**
4 large eggs
1 cup broccoli florets
Salt and pepper to taste
¼ cup reduced-fat Cheddar cheese, shredded



1. Spray a medium frying pan with cooking spray.
2. In a small bowl, beat eggs and set aside.
3. Add broccoli to the warm frying pan and cover for 2-3 minutes or until the broccoli starts to get soft. Stir occasionally.
4. Pour the eggs over the broccoli, add salt and pepper to taste and cook until the eggs are fluffy and cooked through, stirring occasionally.
5. Top with the shredded cheese and cover until melted.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.