

Broccoli

Key Points

- For the best buy, choose broccoli with dark green florets and stems.
- To prepare broccoli, wash and trim florets from stalks. Enjoy florets raw or cooked.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Broccoli contains vitamin C, which is good for fighting colds and healing cuts.



Broccoli Stir-fry

Ingredients:

2 teaspoons vegetable oil
2 garlic cloves, minced
3 cups broccoli florets
2 carrots, chopped
1 bell pepper, cut into strips
1 onion, chopped
2 tablespoons lemon juice
1/2 teaspoon salt (optional)

Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stir often.
3. Add pepper and onion. Continue to cook for 5 more minutes, and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings.

Cheesy Broccoli and Rice

Ingredients:

3 cups chopped broccoli
2 cups instant brown rice, uncooked*
2 cans (10.75 ounces each) low sodium cream of mushroom soup
1/2 cup reduced-fat shredded cheddar cheese

Directions:

1. In a large pot, bring 3 cups of water to a boil.
2. Add broccoli and rice and cook for 7 minutes over high heat. Stir often.
3. Reduce heat to medium and add soup. Cook until bubbly (about 2 minutes). Stir often.
4. Remove from heat.
5. Stir in cheese.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Add broccoli to pasta dishes and on top of pizza.
- Steam broccoli with garlic for a delicious side dish.
- Remember to rinse all fruits and vegetables before using.

* If using instant white rice, cook broccoli in boiling water for 5 minutes. Add rice and cook for 2 more minutes. Stir often.

Just Say Yes to Fruits and Vegetables

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Broccoli Stir Fry

Recipe Name:
Cheesy Broccoli and Rice

Nutrition Facts			
Serving Size (160g)		Servings Per Container	
Amount Per Serving			
Calories 70	Calories from Fat 20		
		% Daily Value*	
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 270mg			11%
Total Carbohydrate 10g			3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 2g			
Vitamin A 70%	•	Vitamin C 60%	
Calcium 4%	•	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (218g)		Servings Per Container	
Amount Per Serving			
Calories 210	Calories from Fat 50		
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 140mg			6%
Total Carbohydrate 33g			11%
Dietary Fiber 4g			16%
Sugars 3g			
Protein 8g			
Vitamin A 25%	•	Vitamin C 90%	
Calcium 8%	•	Iron 6%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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