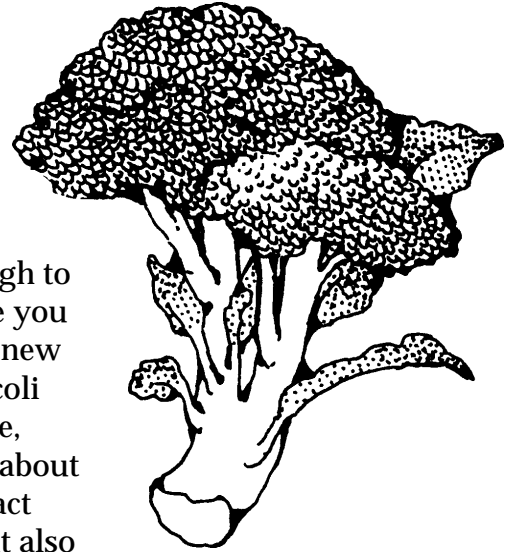


Broccoli



In Greece and Italy, broccoli has been a favorite vegetable for 2,000 years. First cultivated for food in the United States in the 1920s, broccoli has quickly risen to become one of America's favorite

vegetables. Perhaps its popularity is at least partially related to its reputation as being nutrient-rich. Chock full of Vitamin A, Vitamin C, and minerals, it is one of the most nutritious choices you can make. And if that

isn't enough to make you try a new broccoli recipe, how about the fact that it also tastes great!

Broccoli Casserole

Makes 6 to 8 servings *Annie Coffey, Waterbury*

Ingredients:

- 1 large head of broccoli
- 1 Tablespoon canola oil
- 3/4 cup carrots, shredded
- 1/2 cup onion, chopped
- 2 1/4 cups herb stuffing mix
- 1/4 cup water
- 1 (12-ounce) can condensed cream of chicken soup
- 1/2 cup nonfat plain yogurt

Directions:

1. Preheat oven to 350 degrees F.
2. Rinse and cut up broccoli.
3. Steam broccoli until barely tender.
4. Heat oil in a saucepan. Add carrots and onion and sauté until tender.
5. Add yogurt and soup.
6. Gently stir in broccoli.
7. In a separate bowl, mix stuffing with water.
8. Pour half of stuffing mix into bottom of casserole dish.
9. Add vegetable mixture.
10. Top with remaining stuffing.
11. Bake for 40 minutes.

Nutrition Facts

Serving Size 1 Serving (146g)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Cholesterol 5mg **2%**

Sodium 670mg **28%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 6g

Vitamin A 40% • Vitamin C 70%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- In the market, choose a head of broccoli that has a compact and firm cluster of flower buds that haven't opened up.
- Store broccoli in a plastic bag in the refrigerator, and try to use within a few days of purchase.

Complementary Herbs

caraway
chervil
dill
oregano
parsley
rosemary
sage

Quick and Healthy Veggie Lo Mein

Makes 6 to 8 servings

Diane Reilly, St. Albans

Ingredients:

- 1 package (1 pound) thin spaghetti, cooked until just tender, drained
- 2 Tablespoons canola oil
- 2 cloves garlic, chopped
- 3 carrots, sliced into matchsticks
- 1 head of broccoli, cut into florets
- 2 scallions, chopped
- 1 green pepper, sliced into matchsticks
- 1/4 cup soy sauce
- Pepper to taste



Directions:

1. In a large skillet or wok, sauté garlic in the oil.
2. Add the vegetables and sauté until tender.
3. Add the cooked spaghetti to veggies and toss with soy sauce and pepper.
4. Warm over medium heat.

Comments:

I am a foster parent who has had dozens of teens in our house over the years. This has been a favorite recipe of most of the young people. It is a great way to use garden veggies.

Nutrition Facts

Serving Size 1 Serving (142g)
Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 540mg **23 %**

Total Carbohydrate 48g **16 %**

Dietary Fiber 3g **12 %**

Sugars 5g

Protein 9g

Vitamin A 80% • Vitamin C 70%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.