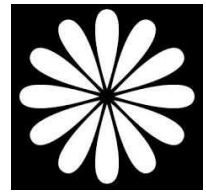


BROCCOLI



In the garden:



<http://cdn.c.photoshelter.com/img-get2/I0000gvkY6wC6H7o/fit=1000x750/Broccoli-LB0609-0791.jpg>



<http://www.organicgardeninfo.com/images/broccoli.jpg>

Ready to eat:



<http://cookdiary.net/wp-content/uploads/images/Chicken->



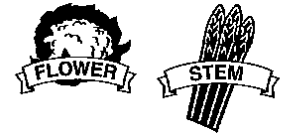
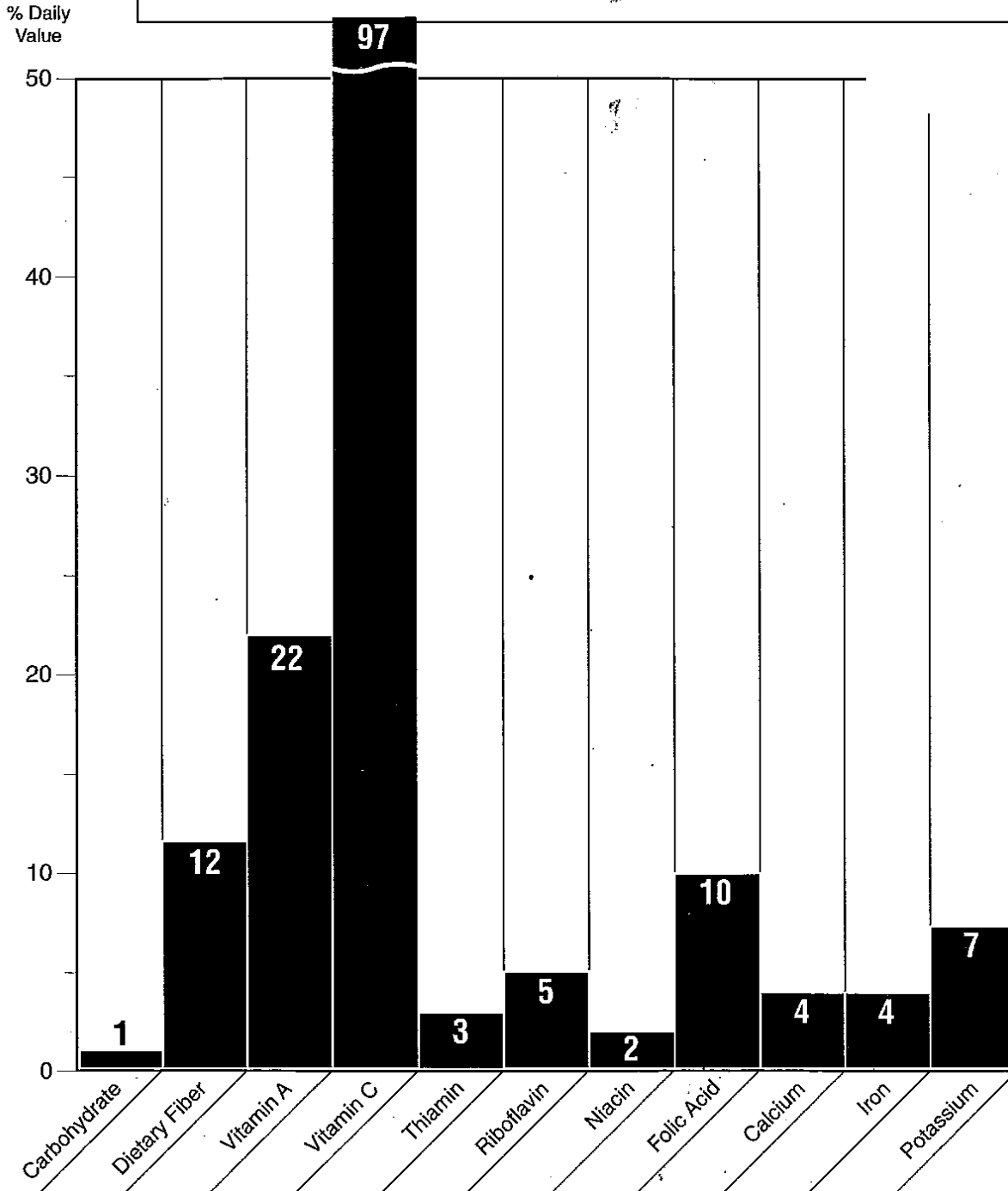
<https://foodyear.files.wordpress.com/2011/07/orange-broccoli-salad.jpg>

FUN FACTS:

- Broccoli is a member of the cabbage family and helps fight certain types of cancers.
- Broccoli has been around for more than 2,000 years, and it was first grown in Italy.
- The name broccoli comes from the Latin word brachium which means branch or arm.

Broccoli

Nutrition Facts



SERVING SIZE:
 ½ Cup Chopped
 77 Grams

- 27 Calories
 - 11% from fat
 - 30% from protein
 - 59% from carbohydrate
- 2 Grams Protein
- 4 Grams Carbohydrate
 - 3 grams dietary fiber
- 0.3 Gram Fat
- 71 Grams Water
- 20 Milligrams Sodium

From California Department of Education, 2007

Broccoli is high in Vitamin C to help heal your cuts and wounds.

Broccoli Raisin Salad

Ingredients

- 6 cups **broccoli**, chopped
- 1/2 cup **raisins**
- 1/4 cup **red onion**, finely chopped
- 1/4 cup **sunflower seeds**
- 1/4 cup **bacon bits** (optional)
- 1/2 cup light **mayonnaise**
- 1/4 cup **sugar**
- 1 Tablespoon red wine **vinegar**



Directions

1. Combine broccoli, raisins, onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.
4. Refrigerate leftovers within 2 hours.

from: www.foodhero.org

Storage tips for broccoli:

- Mist unwashed heads and wrap loosely in damp paper towels. Refrigerate. Use within 2-3 days.
- Do not store broccoli in a sealed container or plastic bag.
- Do not wash until ready to use.

Broccoli Raisin Salad

Ingredients

- 6 cups **broccoli**, chopped
- 1/2 cup **raisins**
- 1/4 cup **red onion**, finely chopped
- 1/4 cup **sunflower seeds**
- 1/4 cup **bacon bits** (optional)
- 1/2 cup light **mayonnaise**
- 1/4 cup **sugar**
- 1 Tablespoon red wine **vinegar**



Directions

1. Combine broccoli, raisins, onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.
4. Refrigerate leftovers within 2 hours.

from: www.foodhero.org

Storage tips for broccoli:

- Mist unwashed heads and wrap loosely in damp paper towels. Refrigerate. Use within 2-3 days.
- Do not store broccoli in a sealed container or plastic bag.
- Do not wash until ready to use.

WASHINGTON STATE UNIVERSITY



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

WASHINGTON STATE UNIVERSITY



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.