



- Fresh broccoli is available year round
- Cup for cup, broccoli has as much vitamin C as an orange

Health Benefits

- Fiber keeps our digestive system healthy
- Vitamin K helps our blood clot
- Vitamin C helps protect us from infection

Storage

- Will keep in the refrigerator for 3-5 days

Selection

- Select broccoli with tightly closed florets, bright color, and a firm stalk

Serving Ideas

- Steam broccoli on the stove or microwave
- Try it in your favorite stir-fry
- Add it to your favorite casserole
- Add chopped broccoli florets or shredded broccoli stems to salads or soups
- Roast broccoli in the oven at 450 degrees for 15 minutes
- Toss broccoli in pasta to add a burst of color and crunch

Creamy Broccoli and Apple Slaw

½ cup per serving

Makes 4 servings



Ingredients

½ cup plain low-fat yogurt or mayonnaise
1 tablespoon of vinegar (optional)
1 small onion, finely chopped
3 cups broccoli, finely chopped
1 apple or pear, finely chopped
Salt and pepper to taste

Directions

In a large bowl, stir together the yogurt or mayonnaise, vinegar, onion, and salt and pepper. Add broccoli and apple or pear, mix well and enjoy. Tip: add ¼ cup of dried cranberries, your favorite nuts for additional flavor.