

Broccoli



Broccoli is a nutrient powerhouse. It is an excellent source of vitamin C, with one serving providing 150% of one's daily requirement. It is also a good source of vitamin A, B-complex vitamins, and folate. Low in calories and high in fiber, it's a great vegetable eaten raw or cooked.

Did you know that children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted broccoli that was washed and cut into bite-size pieces. Ask your child how he liked it! Here is another way to serve broccoli.

Broccoli Salad

Ingredients:

- 1 large head of broccoli
- 1/2 cup chopped red onion
- 1/2 cup raisins
- 1/2 nuts or seeds (peanuts, walnuts, almonds, or sunflower seeds)
- 1/2 cup low-fat mayonnaise
- 1 teaspoon vinegar
- 1/2 teaspoon sugar



Preparation:

1. Chop the broccoli flowers and upper stems into small bite-size pieces.
2. Add the chopped broccoli, onion, raisins, and nuts into a bowl.
3. In a cup, mix together the low-fat mayonnaise, vinegar, and sugar.
4. Pour the dressing over the broccoli mixture and toss.
5. Chill for one hour before serving.

Developed by the University of California Cooperative Extension.