

## NUTRIENTS FOUND IN BROCCOLI

- Broccoli contains many phytonutrients that help protect against cancer.
- Broccoli is an excellent source of vitamins A and C.
- Broccoli is rich in dietary fiber.
- Broccoli is rich in vitamin K.



## HEALTHY, FIT & READY TO LEARN

- Snacks are a perfect opportunity to add more fruits and vegetables to your diet!
- Introduce one new food at a time and serve it with another food your child enjoys.
- Encourage your child to put a small serving of vegetables on his/her plate, and take at least one bite.



## LIVING AND EATING GREEN

Walk or bike to a nearby park to have a picnic with the family! Make sure to pack broccoli and other tasty fruits and vegetables!



## JUST FOR KIDS

Use broccoli, carrots, cherry tomatoes, and other fun vegetables to make a colorful forest! Once you've created your forest, you can eat it piece by piece!

## GROWN IN OREGON

In areas of Oregon that have mild winters, certain varieties of broccoli can be grown year round! Purple Sprouting Broccoli can be planted in the fall and grows throughout the winter.



# YOUR OREGON KITCHEN

## QUICK AND EASY

- Add broccoli florets to scrambled eggs or an omelet.
- Serve broccoli raw with a tasty dip of your choice!
- Make a creamy broccoli soup.
- Add broccoli to macaroni and cheese.



## PRODUCE POINTERS

- Choose bright green, compact, and firm heads of broccoli.
- Broccoli should be stored unwashed in a loose plastic bag in the refrigerator.
- Broccoli has the highest nutritional value when fresh. Use cold water to rinse broccoli before cooking or serving.

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

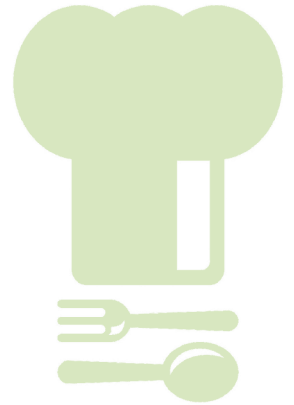
	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

# RECIPE: ROASTED BROCCOLI WITH PARMESAN AND LEMON

## INGREDIENTS:

- 4-5 lbs. of fresh broccoli
- 5 tablespoons olive oil
- 4 cloves of garlic
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground pepper
- Juice and zest from a lemon
- 1/3 cup grated parmesan



## DIRECTIONS:

1. Pre-heat oven to 425 degrees
2. Chop washed broccoli into coarse chunks. Peel the broccoli stem and chop it into cubes as well. Thoroughly dry each piece.
3. Spread broccoli on a baking sheet and toss with oil, chopped garlic, salt, and pepper.
4. Roast in the oven for 20-25 minutes until the broccoli is crisp-tender and some of the tips are beginning to brown.
5. Zest and juice a lemon over the broccoli.
6. Toss with parmesan.
7. Enjoy!



**Find Out More:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).