



Market
Basket
of the month

Broccoli



For fun facts about broccoli, as well as tips and tricks to help you pick, prepare, and eat more broccoli this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



March Recipes

Brocco Poppers

Makes 4 servings

Ingredients

1/2 cup shredded cheddar cheese (2 oz.)
2 eggs
1/2 cup dry bread crumbs
1 tbsp. all-purpose flour
1/4 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. black pepper
12 oz. frozen broccoli, thawed, dried, and chopped very small (amount 2 1/2 cups)

Directions

1. Preheat oven to 375 °F. Lightly grease a baking sheet.
2. In a large bowl, stir together the cheese, eggs, bread crumbs, flour, garlic powder, salt, and pepper.
3. Add broccoli to the bowl and stir all ingredients to mix them evenly.
4. Scoop a rounded tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch of space between each ball.
5. Bake until the poppers are golden brown and the cheese is bubbling, about 15 minutes.
6. Remove from oven and let cool for 1 to 2 minutes before removing from the pan and serving.

Notes

- Try adding other herbs and spices such as Italian seasoning or hot pepper sauce.
- Try different cheeses such as pepper jack or a mixture of mozzarella and parmesan.
- No frozen broccoli? Use fresh broccoli that is lightly cooked and chopped.
- No bread crumbs? Make your own bread crumbs from stale bread, or use cooked rice/quinoa instead.
- To freeze and cook later, see link below.

Nutrition Facts (5 pieces): 180 Calories, 8g Total Fat, 3.5g Saturated Fat, 105mg Cholesterol, 390mg Sodium, 16g Carbohydrates, 2g Total Sugars (0g Added Sugars), 11g Protein.

Source: www.foodhero.org

Veggie Quiche Muffins

Makes 12 servings

Ingredients

3/4 cup shredded cheddar cheese
1 cup chopped onion (any type)
1 cup chopped broccoli
1 cup diced tomato (fresh)
2 cups nonfat or 1% milk
4 eggs
1 cup Master Mix or all-purpose baking mix (for biscuits or pancakes)
1 tsp. Italian seasoning (or basil and oregano)
1/2 tsp. salt
1/2 tsp. black pepper

Directions

1. Rinse or scrub fresh vegetables under running water before preparing.
2. Preheat oven to 375 °F. Lightly grease 12 muffin cups.
3. Sprinkle the cheese, onion, broccoli, and tomato into the muffin cups.
4. Place remaining ingredients in a bowl and mix until smooth. Pour the mixture over the ingredients in the muffin cups.
5. Bake until golden brown or until a knife inserted into the center comes out clean, about 35 to 40 minutes. Cool for 5 minutes.

Notes

- Try chopped zucchini or mushrooms as part of the vegetables.
- Use any variety of cheese your family likes.
- Bake in a pie pan instead of muffin cups (baking time will be longer).

Nutrition Facts (1 muffin): 110 Calories, 4.5g Total Fat, 2g Saturated Fat, 60mg Cholesterol, 280mg Sodium, 11g Carbohydrates, 3g Total Sugars (1g Added Sugars), 6g Protein.

Source: www.foodhero.org