



Market Basket of the month

September

The Market Basket of the Month featured vegetable is

BROCCOLI



Simple Serving Tips

Roasted Broccoli with Parmesan: Toss 3 C. fresh broccoli florets with 1 T. olive oil on baking sheet. Roast at 400° for 15 minutes. Turn broccoli over and sprinkle with 2 T. grated parmesan. Roast until cheese melts.

Broccoli Omelet: Sauté ½ C. chopped broccoli (and any other veggies) in cooking spray over medium heat; remove from skillet. Whisk 2 eggs with splash of milk. Pour egg mixture into hot skillet coated in cooking spray. When egg begins to thicken on top, add broccoli to one half and sprinkle with cheese. Fold the other omelet half over the broccoli and cook until done, about 1 minute. Season lightly with salt and pepper.

Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Choose tight, firm clusters of dark green broccoli.

Broccoli Cheese Soup

Ingredients

Makes 8 servings

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 24 oz. reduced sodium chicken broth
- 16 oz. chopped broccoli (thawed if frozen)
- 2 ½ C. low-fat milk
- ⅓ C. flour
- ¼ tsp. black pepper
- 1 ½ C. reduced fat cheddar cheese, grated

1. In large pot over medium heat, sauté onion and garlic in cooking spray until tender. Add broccoli and broth and bring to boil. Reduce heat and simmer for 10 minutes.
2. Remove about ⅓ of broccoli mixture and blend, or mash with spoon; return to pot. Whisk together milk and flour. Slowly add milk mixture to pot and cook over very low heat for 20 minutes or until thickened.
3. Remove from heat; stir in pepper and cheese until melted.

Adapted from Penn State Extension: <https://extension.psu.edu/programs/betterkidcare/knowledge-areas/k7/lunch-and-snack-ideas/bring-on-the-broccoli>

Buy Farm Fresh! Visit our Market Basket of the Month Partners:

- Adams County Farmers' Market
- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers Market
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers' Market
- Leg Up Farmers Market
- Millers Plant Farm
- Penn Market

Nutrition Facts

Serving Size	1 cup, chopped (91g)	
Amount per Serving		
Calories 31	Calories from Fat 0	
% Daily Value		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 30mg	1%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	9%	
Sugars 2g		
Protein 3g		
Vitamin A 11%	Calcium 4%	
Vitamin C 135%	Iron 4%	
Source: www.nutritiondata.com		

Let's Move!

TV fitness breaks: Dance, move, or do simple exercises, like squats, sit-ups, or push-ups, during TV commercial breaks. That adds up to about 15 minutes per hour TV show.

Bear Crawl: Get down on all fours with arms straight, hands below shoulders, and knees bent 90° below hips. (Only hands and toes should touch the ground.) Keeping your back flat, crawl forward and backward moving opposite hands and feet in unison. See how far you can crawl, rest, and repeat 3-4 times.

Just the Facts!

- California produces 90% of the broccoli grown in the U.S.
- Broccoli is a good source of Vitamin A, which keeps your eyes healthy and helps fight cancer.
- Cooking can destroy some of the valuable nutrients found in broccoli, so keep cooking time as short as possible.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view monthly family newsletters, go to: www.wellspan.org/marketbasket.

