



Broccoli



What is in it for you?

One medium stalk of broccoli is:

- Two times the daily recommended amount of vitamin C
- A boost to your bone health
- An excellent source of phytochemicals that may lower the risk of cancer
- A powerful combination of vitamins and chemicals that help protect the heart

Produce Tips

- Choose broccoli with a firm stem and tight, compact florets with dark green color
- Avoid tough stems and florets that are open, flowering, discolored, or soaked with water

Serving Ideas

- Add diced broccoli florets to egg dishes
- Sauté broccoli with chopped onions and Italian seasonings
- Pour lemon juice or sprinkle low fat parmesan cheese over steamed broccoli
- Use pre-packaged broccoli slaw to make a quick salad, stir-fry or cheesy veggie quesadilla

Fun Facts

- Broccoli was first grown in Italy and has been around for more than 2000 years
- Broccoli has as much calcium per ounce as milk



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

