



# Market Basket

# Basket

of the month

September

The **Market Basket of the Month** featured vegetable is

## BROCCOLI



### Simple Serving Tips

- **Italian Broccoli:** Steam 4 cups broccoli pieces for 10-12 minutes or microwave for 8-12 minutes. Top with warm tomato sauce. Sprinkle with dried oregano and grated Parmesan cheese.
- **Pizza Broccoli:** Top English muffin halves with pizza sauce, shredded mozzarella cheese, and chopped broccoli. Bake at 350°F for 5-10 minutes until cheese melts.

For more ideas, visit:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Produce Tips

- Refrigerate unwashed broccoli in an open plastic bag.
- Did you know... boiling causes some of the vitamins and minerals to be lost!
- Choose tight, firm clusters of dark green broccoli.

## Broccoli Baked Potatoes

### Ingredients:

(Makes 6 servings)

- 6 potatoes, medium
- 3 broccoli stalks
- ¼ cup 1% milk
- 1 cup low fat cheddar cheese, shredded
- salt and pepper (to taste, optional)

1. Scrub potatoes. Prick the skin with a fork in several places. Bake 350°F for 30-60 minutes, until soft, depending on size.
2. Peel broccoli stems. Steam broccoli just until tender, chop, and place in bowl.
3. Slice the potatoes in half. Scoop the insides into bowl with the broccoli. Add milk, ¾ cup of cheese, salt and pepper. Mash together well.
4. Put the potato mixture into the potato skins and sprinkle with remaining ¼ cup of cheese. Microwave to heat through, about 2 minutes.

Source: <http://recipefinder.nal.usda.gov/>

### Buy Farm Fresh!

Visit our Market Basket of the Month Partners:

- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers Market
- Flinchbaugh's Orchard & Farm Market
- Gettysburg Farmers' Market
- Market & Penn Farmers' Market
- Miller's Plant Farm

## 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](http://www.nutritiondata.com)

### Let's Move!

- **Muscle Power:** Do strength training activities using your own body weight. Create a circuit of pushups, squats, sit-ups, and lunges. Do an exercise for 45 seconds, and then take a 15 second break before switching to the next exercise.
- **Get Outside:** Take a walk or jog along a local rail trail or park trail. At every bench you pass, stop and stretch a different body part.

For more suggestions and/or videos, go to:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

<http://exerciseismedicine.org/public.htm>

### Just the Facts!

- Broccoli has been around for over 2000 years.
- Thomas Jefferson was a fan of broccoli! He imported broccoli seeds from Italy to his home, Monticello, VA.
- The word broccoli comes from the Latin word "brachium" which means "branch" or "arm."

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

