

HARVEST OF THE MONTH: BROCCOLI



NUTRITION FUN FACTS:

- Cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Raw broccoli and cooked broccoli are each better sources of different nutrients, so try to eat both for a great variety of nutrition!

Fun snack ideas!

HOW TO EAT BROCCOLI:

1. Serve raw broccoli with hummus or a low-fat vegetable dip for a healthy snack!
2. Add broccoli to soups, pastas, omelets, and casseroles to make them more nutritious!
3. Top steamed broccoli with lemon juice or parmesan cheese.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for broccoli with a firm stem and tight, compact florets that are dark green.
2. Store broccoli in an open plastic bag in the refrigerator for up to five days.
3. Rinse broccoli under cool water just before serving or cooking.

BEST TIME TO EAT:

APRIL - MAY
OCT - NOV



UNC Center for Health Promotion and Disease Prevention

RECIPE: ITALIAN BROCCOLI & PASTA

DIRECTIONS

1. Cook noodles according to package directions, but do not include oil or salt. Drain.
2. Spray a medium skillet with non-stick cooking spray. Stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (not Parmesan cheese) and tomatoes. Simmer until the mixture is heated through.
4. Spoon vegetable mixture over noodles.
5. Top with Parmesan cheese and serve.

INGREDIENTS

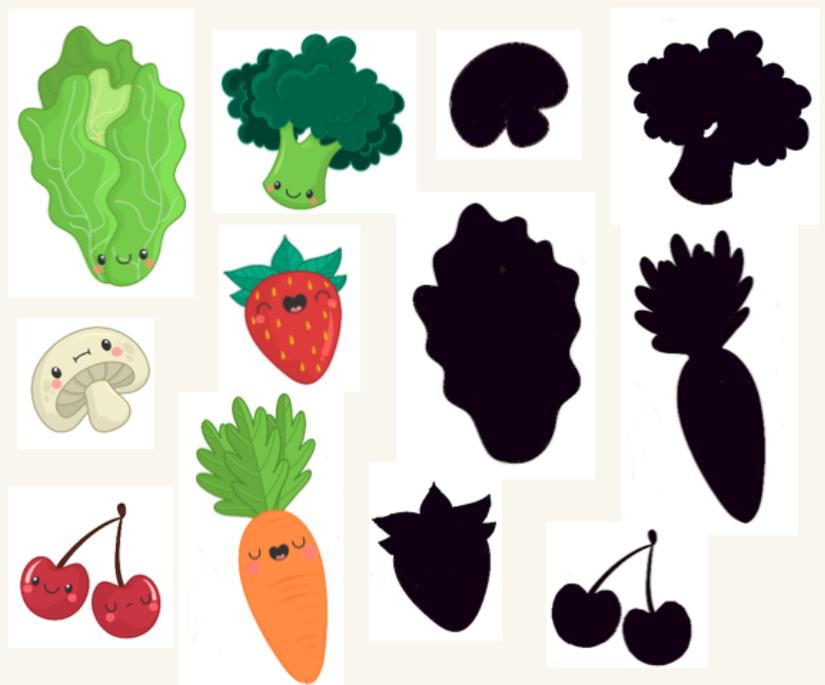
Makes 4 servings:

- 6 ounces fettuccini noodles, uncooked
- 3 tablespoons chopped green onions
- 2 cups broccoli florets
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 14.5 ounce can low-sodium stewed tomatoes
- 2 teaspoons grated Parmesan cheese

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/ITALIAN-BROCCOLI-AND-PASTA](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-broccoli-and-pasta)

ACTIVITY: SHADOW MATCHING

Fruits and vegetables come in all shapes and sizes, just like humans! Can you match the fruits and vegetables below to their shadows? Draw a line between the colorful food and the right shadow.



FOOD PICTURES DESIGNED BY FREEPIK AT FREEPIK.COM.