

# Broccoli



**Selection** - Choose heads that are firm and blue-green.

**Storage** - Store in the refrigerator with the stalk down to not bruise heads (stays fresh for about 3-5 days).

**Nutrition** - Potassium, a mineral your body needs, in broccoli supports heart health.

## 3 EASY WAYS TO USE BROCCOLI

- To roast broccoli, cut heads from the stalk. Cut heads in half if large. Toss in olive oil and garlic or garlic powder, then bake at 425 degrees for 25-30 minutes.
- Top baked potatoes with roasted broccoli and a sprinkle of cheese.
- To make broccoli salad, take cut broccoli and add onion, sunflower seeds and dried fruit. Plain Greek yogurt can be used in place of some or all the mayonnaise in the dressing.



## Ingredients

- ☐ 4 cups broccoli, chopped
- ☐ 1 small onion, chopped
- ☐ 4 cups low sodium chicken or vegetable broth
- ☐ 1 cup low-fat milk
- ☐ 1 cup mashed potatoes, instant (prepared in water)
- ☐ Salt and pepper (to taste, optional)
- ☐ 1/4 cup cheddar cheese, shredded (or American)

## Directions

1. Combine broccoli, onion and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup is too thick.
6. Sprinkle about 1 tablespoon cheese over each serving.

Recipe adapted from: Arizona Nutrition Network,  
Don't Play With Your Food: Fall and Winter Cookbook, MyPlate Kitchen  
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>

