

Fun Facts:

- The average American eats 4 ½ pounds of broccoli per year.
- The word broccoli comes from the Latin word brachium and the Italian word braccio, which means "arm".
- Broccoli was first grown in Cyprus about 2500 years ago.

Broccoli Potato Soup:

Makes: 4 Servings

Ingredients

4 cups broccoli (chopped)

1 small onion (chopped)

4 cups low sodium chicken (or vegetable broth)

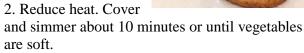
1 cup nonfat evaporated milk

1 cup dehydrated potatoes prepared with 1 cup water

1/4 cup shredded cheese (like Cheddar or American)

Directions

1. Combine broccoli, onion, and broth in large sauce pan. Bring to a boil.



- 3. Add milk to soup. Slowly stir in potatoes.
- 4. Cook, stirring constantly, until bubbly and thickened.
- 5. Stir in a little more milk or water if soup becomes too thick. If using salt and pepper, add that too.
- 6. Spoon into bowls and top with 1 tablespoon cheese.

Broccoli Rice Casserole:

Makes: 6 Servings

Ingredients

3/4 cup 1% low-fat milk Nonstick cooking spray 3/4 cup rice (uncooked)

1 1/2 cups water

1 small onion (chopped)

1 1/2 tablespoons margarine

1 can condensed cream of mushroom soup (about 10 ounces)

1 package frozen broccoli-thawed (chopped) 1/2 cup low-fat cheese (like Cheddar or Swiss, shredded)

Directions

- 1. Preheat oven to 350 F and spray a 9x9-inch baking pan with nonstick spray.
- 2. In a saucepan, mix rice and 1 cup of water and bring to a boil.
- 3. Cover and cook over low heat for 15 minutes. Remove saucepan from heat. Set aside for 15 minutes.
- 4. In a medium-size skillet, cook onions in margarine until tender.
- 5. Add soup, milk, ½ cup of water, and onions to cooked rice. Spoon mixture into baking pan.
- 6. Spoon the vegetables over the rice mixture.
- 7. Sprinkle the cheese evenly over the top. Bake for 25 to 30 minutes until cheese is melted and bubbly.

