



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.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are soft.
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.

Broccoli Serving: 1 cup raw
Calories 31
Protein 2.6 gram
Fat 0
Carbohydrate 6 grams
Fiber 2.4 grams
Calcium 43 mg
Iron 1 mg
Sodium 30 mg
Vitamin A 567 IU
Vitamin C 81 mg

