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UNIVERSITY

Extension msue.anr.msu.edu/program/info/mi_fresh

Broccoli

Michigan-grown broccoli is available July through October.

Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.



Broccoli has many health benefits. It provides vitamin C, potassium and dietary fiber. It also helps to reduce cholesterol. At only 45 calories per one-cup serving, broccoli provides a tasty addition to your meals and snacks. Serve it raw with a low-fat dip, add it to green salads for an extra crunch, or use it to add color and texture to a stir-fry.

Choose odorless broccoli heads with tight, bluish-green florets. Remove the outside skin on the stem with a peeler. Cut the stems and serve with the florets. Refrigerate broccoli and use within three to five days.



Broccoli Salad

Makes 8 servings

Nutrition Information: 133 Calories per serving; 23g Fat (6g Saturated Fat, 20mg Cholesterol); 13mg Sodium; 11g Carbohydrates (10g Sugar); 3g Protein; Calcium 2%; Iron 5%

INGREDIENTS

- » 6 cups broccoli (chopped)
- » 1 cup raisins
- » 1 red onion (medium, peeled and diced)
- » 2 tablespoons sugar
- » 8 bacon slices (cooked and crumbled, optional)
- » 2 tablespoons lemon juice
- » $\frac{3}{4}$ cup low-fat mayonnaise

TO PREPARE

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

SOURCE: Recipe adapted from Arizona Nutrition Network, Healthy Lifestyles 2003, In the Kitchen with Chef Stephanie Green. Retrieved from USDA, Snap-Ed Connection, Broccoli Salad at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-salad>



COST

Per recipe:

\$3.54

Per serving:

\$0.44