



MICHIGAN STATE
UNIVERSITY

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

Broccoli

Michigan-grown broccoli is available July through October.

For more information on recommended varieties, storage, food safety and preservation techniques for fruits and vegetables, visit Michigan Fresh at http://msue.anr.msu.edu/program/info/mi_fresh, or visit the MSU Extension kiosk at the Detroit Eastern Market.



Broccoli chosen for freezing is processed at its peak ripeness, a time when it is most nutrient packed and most delicious.

Frozen broccoli may be even more healthful than some of the fresh produce sold in grocery stores since the product will degrade over time.

Americans typically eat only one-third of the recommended daily intake (three servings instead of nine) of fruits and vegetables due to availability and cost. Preserving broccoli and other fruits and vegetables by freezing them when they are at their nutritional peak allows people to use them throughout the year.



Broccoli Rice Casserole



Yield: 12 servings

Nutrition Information: 119 Calories per serving; 6g Fat (3g Saturated Fat, 7mg Cholesterol); 258mg Sodium; 13g Carbohydrates (2g Fiber, 3g Sugar); 4g Protein; Calcium 8%; Potassium 3%; Vitamin D 3%

INGREDIENTS

- » 1 ½ cups rice
- » Salt to taste
- » 3 ½ cups water
- » 1 onion (medium, chopped)
- » 3 tablespoons margarine (or butter)
- » One 10 ¾ ounce-can condensed cream of mushroom, chicken, celery or cheese soup
- » 1 ½ cup milk (1 percent)
- » 20 ounces broccoli, cauliflower or mixed vegetables (frozen, chopped)
- » ½ pound cheese (grated or sliced)

INSTRUCTIONS

1. Preheat oven to 350 °F, and grease a 12-by-9-by-2-inch baking pan.
2. In a saucepan, mix rice, salt to taste and 3 cups of water, and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for an additional 15 minutes.
4. Sauté onion in margarine (or butter) until tender.
5. Mix soup, milk, 1/2 cup of water, onions and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake for 25 to 30 minutes until cheese is melted and rice and soup mixture is bubbly.

SOURCE: Recipe adapted from Ohio State University Cooperative Extension, Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County. Retrieved from USDA SNAP-Ed Connection, Broccoli Rice Casserole at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-rice-casserole>

COST

Per recipe:

\$7.37

Per serving:

\$0.61