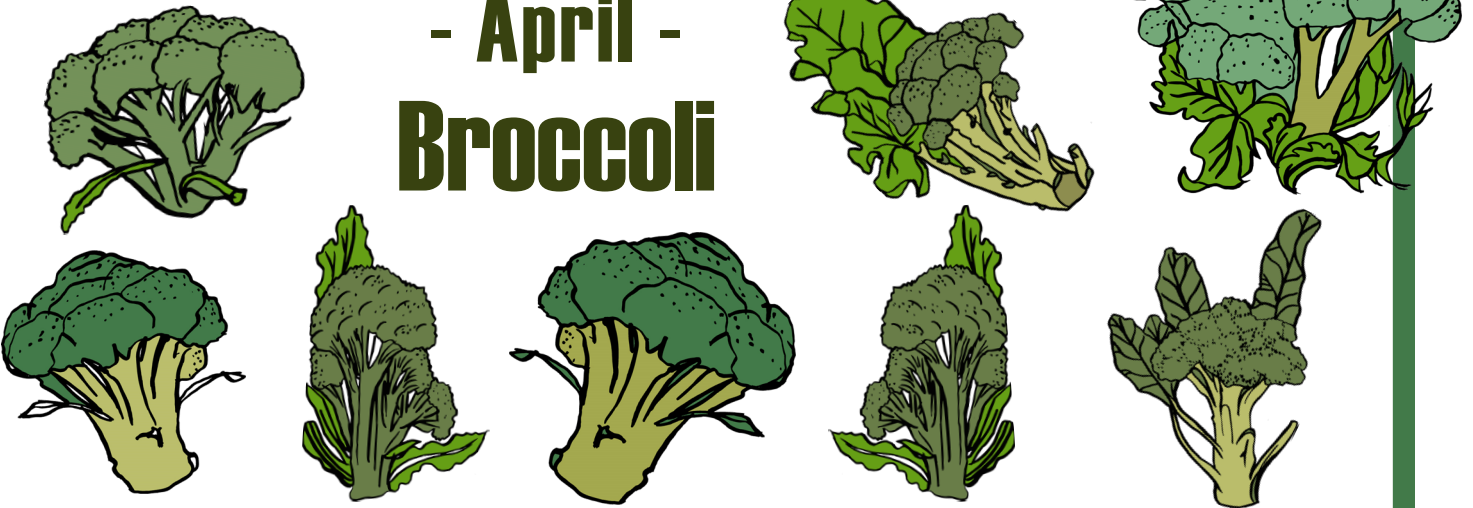


Veggie of the Month

- April -

Broccoli



About

The vegetable most famously despised by kids--broccoli--doesn't have to be served up plain and forced down throats. Broccoli can be incorporated into a number of dishes and seasoned to perfection, leaving everyone craving more. When eaten fresh, steamed, microwaved or stir-fried, broccoli is **crunchy and full of vitamins and minerals**. Closely related to cauliflower, broccoli is actually a member of the cabbage family. There are 3 types of broccoli: Calabrese, sprouting, and "purple cauliflower." Calabrese is the regular green broccoli everyone is familiar with, named after Calabria in Italy. Although the vegetable originated in southern Europe, it's popular in dishes all around the world.

Did You Know?

Broccoli was first introduced to the United States by Southern Italian immigrants and **wasn't popular until the 1920s**.

The vegetable was uniquely valuable to the ancient Romans and has remained popular in Italy since.



Shopper's Tips



Broccoli is a cool-weather crop that does poorly in hot summer weather, so look for it in season in the **late winter and springtime**.

When choosing broccoli, look for heads that are tight and compact. **Avoid any with a yellowish tint.**

Keep broccoli cold in the fridge, loosely stored in a plastic bag so it can still breathe, and wash it just before using.

Nutrition Highlights

- Broccoli is an **excellent source of vitamins C and K** and a good source of B vitamins and manganese.
- It is low in calories, fat, carbohydrates, protein, and dietary fiber.

Try This!

- Incorporate broccoli into your pesto to add to pasta and sandwiches.
- Get your broccoli, leafy greens and root spices all at once by making a flavorful spinach-broccoli soup with garlic and cilantro.
- Steam broccoli and incorporate into rice bowls and quinoa salads, hot or cold.
- Top flatbread or traditional dough with a sweet potato puree and charred broccoli & garlic for a healthy take on pizza.
- Make a creamy broccoli and apple slaw, an alternative to coleslaw that kids will love.
- Stir fry broccoli, beef and mushrooms in an orange sauce and serve over rice instead of getting Chinese take-out.



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