



Broccoli

WHAT'S IN IT FOR YOU?

- Vitamin C to help heal cuts and keep you healthy
- Vitamin A for healthy vision and skin

SERVING IDEAS

- Boil or steam broccoli in a small amount of water until tender. Add cooked garlic.
- Cut raw broccoli into small pieces and add to salads, or dip in dressing.

STORAGE

- Store unwashed broccoli in an open plastic bag in the refrigerator for up to 5 days.

VEGETABLE STIR FRY

Serves: 4 – ½ cup servings

INGREDIENTS

- 2-1/2 cups any chopped, raw vegetables (onion, broccoli, celery, carrots, squash, or peppers)
- 1 tablespoon vegetable oil
- ¼ cup soy sauce, teriyaki marinade, or stir-fry sauce
- 4 cups cooked rice or noodles



INSTRUCTIONS

1. Heat oil in a non-stick frying pan over high heat.
2. Add vegetables.
3. Stir vegetables and cook until crisp-tender.
4. Add sauce and stir until vegetables are coated.
5. Serve with rice or noodles.

SOURCE: http://www.ces.ncsu.edu/EFNEP/fesmm_handouts/choosingMoreFruitsVegetables.pdf



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