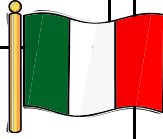


## Italian Broccoli and Pasta



- 1 cup pasta noodles,  
uncooked
- 1/4 cup chopped onion
- 1 cup broccoli florets
- 1/2 teaspoon thyme, dried
- 1/4 teaspoon oregano, dried
- 1/4 teaspoon black pepper
- 1 cup stewed or diced  
tomatoes, not drained
- 2 teaspoons Parmesan cheese

Cook pasta according to package directions. Drain. Spray a skillet with cooking spray and sauté onion and broccoli for 3 minutes. Add seasonings and tomatoes and simmer until heated through. Spoon vegetable mixture over hot pasta and top with parmesan cheese.

*Makes 2 servings*



## ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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9-2004

Fresh-from-the-Farm:

## Broccoli



**Washington WIC &  
Senior Farmers  
Market Nutrition  
Program**

*Making it easier to add fresh fruits  
and vegetables to your diet, and  
support local farmers, too!*

## Selection & Preparation

- ◆ Broccoli should have fresh looking light green stalks with compact dark green heads. Some even have an occasional purple tinge to them.
- ◆ Avoid broccoli with open, flowering, discolored or wet and wilted heads with tough, woody stems.
- ◆ Broccoli should be refrigerated and kept dry until used.
- ◆ *Stems* can be peeled and sliced for dipping in your favorite vegetable dip or cooked along with florets.
- ◆ Broccoli is easily steamed or stir-fried in 6-12 minutes. Do not overcook.



## Nutrition Facts

Serving Size: 1/2 cup florets

Amount Per Serving

**Calories 10**

	% Daily Value
<b>Total Fat 0 g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Sodium 10 mg</b>	<b>2%</b>
<b>Total Carbohydrate 2 g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1 g	
<b>Protein 1 g</b>	
Vitamin A	<b>20%</b>
Vitamin C	<b>60%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Folate 25 mcg	<b>6%</b>
Potassium 115 mg	

## Key Nutrients

- ❖ **Vitamins A and C, Folate, and Potassium** - Vitamins A and C help build resistance to infection and Vitamin A is important for good vision and healthy skin. Folate helps support a healthy heart and blood. Potassium is important for a normal blood pressure.
- ❖ Broccoli is a **Crucifer** vegetable. This family of vegetables reduce the risk for developing cancer and also include cauliflower, kale, radishes, brussels sprouts and cabbage.

## Broccoli Potato Soup

- 1 onion, sliced
- 2 cups chopped broccoli
- 1 tablespoon oil
- 1 (10.75 ounce) can condensed cream of potato soup
- 1 cup low-fat milk
- 1/2 cup water
- 1/2 teaspoon basil
- 1/4 teaspoon black pepper
- 1/3 cup shredded cheese



Sauté onion and broccoli in oil over medium heat for 5 minutes, or until tender. Stir in soup, milk, water, basil and pepper. Mix well and heat through, about 15 minutes. Add cheese and stir until melted. - *Makes 4 servings*

