Broccoli

Michigan-grown broccoli is available July through October.

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

INGREDIENTS
» 6 cups broccoli (chopped)
» 1 cup raisins
» 1 red onion (medium, peeled and died)
» 2 tablespoons sugar
» 8 bacon slices (cooked and crumbled, optional)
» 2 tablespoons lemon juice
» ¾ 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.


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COST
Per recipe: $3.54
Per serving: $0.44