

Enjoy Farmers Market Produce



Broccoli

Broccoli is low in calories and high in nutrients. It is extremely rich in vitamins A and C, potassium, iron and calcium. It is also a good source of protein and fiber. It tastes best steamed but is also delicious raw.

Broccoli Soup

- 1 ½ cups chopped broccoli
- ¼ cup celery, diced
- ¼ cup onion, chopped
- 1 cup chicken or vegetable broth
- 2 cups nonfat milk
- 2 Tablespoons cornstarch
- ¼ teaspoon thyme
- ¼ cup grated mozzarella cheese
- Salt and pepper to taste

1. Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender, about 8 minutes.
2. Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables.
3. Cook, stirring constantly until soup is thick and just begins to boil.
4. Remove from heat. Add cheese and stir until blended.

Other ways to enjoy broccoli

- Steam until tender-crisp
- Stir fry with other vegetables
- Add raw to salads

Adapted from Farmers' Market Recipes; Municipality of Anchorage, Department of Health and Human Services, WIC Program.



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