



# Market Basket of the month

September

The **Market Basket of the Month** featured vegetable is

## BROCCOLI



### Simple Serving Tips

#### Broccoli and Cheese Quesadillas:

Cook broccoli in a heated pan with a small amount of oil until tender, about 3-5 minutes. Layer broccoli and shredded cheese (Manchego, Monterey Jack or cheddar) on a tortilla then top with another tortilla. Heat filled tortillas in a pan for about 3 minutes per side or until golden and the cheese is melted. Cut into pieces and enjoy!

#### Tex-Mex Roasted Veggies:

Cut broccoli florets, red onion, and red peppers into evenly sized pieces. Toss with a small amount of olive oil and season with a taco seasoning mix. Roast on a baking sheet at 400 degrees for about 20 minutes, until the veggies are browned and tender.

### Creamy Broccoli Apple Salad

#### Ingredients

- 2 C. broccoli florets
- ¼ C. carrots, shredded
- ¼ red onion, sliced thin
- 1 apple, diced
- ¼ C. pecans, chopped
- ¼ C. dried cranberries
- ½ C plain Greek yogurt\*
- 1 Tbsp. lemon juice
- ½ Tbsp. honey
- Salt and pepper, to taste

#### Directions:

1. In large bowl, combine broccoli, carrots, onion, apples, pecans, and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

\*May substitute with low-fat regular or Greek yogurt  
Source: [www.aicr.org](http://www.aicr.org)

Makes 4 servings (1 cup). Per serving: 160 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 26 g carbohydrates, 3 g protein, 4 g dietary fiber, 330 mg sodium, 20 g sugar

### Reminder

For good health, most children and adults should eat at least 1 to 2 cups of dark green leafy vegetables, like broccoli, per week. Amounts needed vary with age and activity level.

Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for an individual food plan.

For more ideas, visit: [www.fruitandveggiesmatter.gov](http://www.fruitandveggiesmatter.gov).

### Nutrition Facts

Serving Size 1 cup, chopped  
(91g)

Amount per Serving

Calories 31    Calories from Fat 0  
% Daily Value

Total Fat 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 30mg    1%

Total Carbohydrate 6g    2%

Dietary Fiber 2g    9%

Sugars 2g

Protein 3g

Vitamin A 11%    Calcium 4%

Vitamin C 135%    Iron 4%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Move!

**Apple Picking:** Get the whole family moving with a trip to a pick your own apple orchard.

**Football Target Challenge:** Set up some targets and try to hit them with a football.

**Ball Toss:** Play catch with two plastic milk jugs with the bottoms cut off and a small rubber ball or tennis ball.

### Just the Facts!

- Broccoli is a cool-season vegetable which means it grows best during spring or fall.
- There is no machine to harvest broccoli. It is cut at the stem by hand with a knife.
- Over the last 25 years, the consumption of broccoli has increased over 940%.

**Market Basket of the Month** is a WellSpan Community Health and Engagement initiative. To view monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).