



Market Basket of the month

September

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

BROCCOLI



Simple Serving Tips

Right out of the Bag: Rinse raw broccoli in water, cut into bite-sized pieces, and enjoy as a snack! Consider dipping your raw broccoli into some hummus.

Steam It: Steaming broccoli locks in nutrition and color. Think about adding some olive oil, red pepper, garlic, or lemon juice to your steamed broccoli to add some additional flavor.

Perfect in Pasta: Cut your broccoli into smaller pieces and add them to your boiling pot of pasta during the last 5 minutes of cooking time. Drain the pasta and broccoli and add your favorite sauce.

Make Soup "Souper:" Cut broccoli into small pieces and add them to your favorite soup during the last 10 minutes of cooking.

Broccoli and Corn Bake

Ingredients

- 3 ¾ cups broccoli (fresh or frozen)
- 1 can cream-style corn (14.75 ounce)
- 1 egg (beaten)
- ½ cup cracker crumbs (crushed)
- ¼ cup vegetable oil
- 6 saltine crackers (crushed)
- 1 tablespoon tub margarine or butter (melted)

Directions:

1. Cook broccoli until just until tender.
2. Mix broccoli, corn, egg, cracker crumbs and oil together in greased 1 ½ quart casserole dish.
3. Mix crushed crackers and melted butter together in small bowl. Sprinkle over broccoli mixture.
4. Bake at 350 degrees for 40 minutes.

Nutrition Facts per serving: 214 Calories; 13g Total Fat; 135mg Sodium; 23g Carbohydrates; 5g Protein

Source: MyPlate.gov

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 for an individual food plan.

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		

Let's Move!

Muscle Power: Do strength training activities using your own body weight. Create a circuit of pushups, squats, sit-ups, and lunges. Do an exercise for 45 seconds, and then take a 15 second break before switching to the next exercise.

Create Your Own Parcourse: Take a walk or jog along a local rail trail or park trail. At every bench you pass, stop to add another exercise like jumping jacks or stretches for different body parts. If the trail doesn't have a bench, stop every 10 minutes to add an exercise.

Just the Facts!

- Broccoli has been around for over 2000 years.
- Thomas Jefferson was a fan of broccoli! He imported broccoli seeds from Italy to his home, Monticello, VA.
- Over 30,000 broccoli plants can grow on just 1 acre of farmland.

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