



Market  
Basket  
*of the month*

# September Recipes



## Broccoli and Corn Bake

Make 6 servings

### Ingredients:

- 3  $\frac{3}{4}$  cups broccoli (fresh or frozen)
- 1 can cream-style corn (14.75 ounce)
- 1 egg (beaten)
- $\frac{1}{2}$  cup cracker crumbs (crushed)
- $\frac{1}{4}$  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  $\frac{1}{2}$  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

## Very Veggie Picnic Pasta Salad

Make 6-8 servings

### Ingredients:

- 14 ounces spring pasta
- 1 pre-bagged mixed cabbage salad kit
- 2 cups chopped broccoli
- 1  $\frac{1}{2}$  pints grape tomatoes, sliced in half
- 1 (2.5 oz) can sliced black olives, drained
- 2 tablespoons sunflower seeds
- $\frac{1}{2}$  cup crumbled feta cheese

### Directions:

1. Cook pasta according to package instructions. Rinse with cold water and transfer to a medium bowl to cool.
2. Once the pasta is cooled, add the salad mix, broccoli, tomatoes, olives, seeds, and feta.
3. Mix together and add the dressing packet from the salad kit. If necessary, add up to  $\frac{1}{4}$  cup more of a sweet and sour or poppyseed salad dressing as desired.
4. Refrigerate for an hour before serving.

Source: <https://fruitsandveggies.org/>

### 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.

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