



Market Basket

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.

Italian Broccoli and Pasta

Ingredients

- 6 ounces fettucini or spaghetti noodles (uncooked)
- 3 Tbsp. green onion (chopped, also called scallions)
- 2 cups broccoli florets
- 1/2 tsp. thyme (dried)
- 1/2 tsp. oregano (dried)
- 1/2 tsp. black pepper
- 1 can stewed tomatoes (low-sodium, 14.5 ounce)
- 2/3 Tbsp. Parmesan cheese (grated)

Directions:

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

Makes 4 servings
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.

For more ideas, visit: 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		

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.