

Helping Mississippians live happier, healthier lives!

BROCCOL is a

super vegetable that can be enjoyed raw or cooked, alone as a yummy side, or added to salads or cooked dishes like pastas, soups, stir-fries, and casseroles. If you are not a fan of raw broccoli, try blanching, which makes broccoli more tender and less bitter. Use

the following tips to help your family enjoy more broccoli!

STORE

- ► Keep fresh broccoli in an open plastic bag in the refrigerator for up to 5 days.
- If you have produce drawers in your refrigerator, keep vegetables in one and fruits in another.
- Fresh broccoli can be blanched and frozen to keep color, flavor, and nutrients longer.

SELECT

- When selecting broccoli, look for tight, dark green florets and firm stems.
- Avoid broccoli with an odor or yellow, opening buds.
- In Mississippi, purchase fresh broccoli in April and May or October and November when it is



less expensive and more available.

During the off-season, choose frozen broccoli, which may cost less than fresh.

PREPARE

- Make bite-sized pieces by cutting below the top and removing the stem. Cut the florets and stem into pieces.
- Rinse bite-sized pieces just before using.
- Be careful not to overcook broccoli! Crispy, tender broccoli is what you are looking for, not mushy, soft broccoli.

- To learn more about storing, blanching, and freezing broccoli, visit HappyHealthy.MS and click on Tips and Videos.
 - How to Store Fruits and Vegetables
 - How to Freeze Fresh Fruits and Vegetables

• • • • • FUN WITH FOOD

CHILDREN CAN HELP

- At the grocery store, allow children to select broccoli.
- In the kitchen, children can wash broccoli and prepare an ice bath to place broccoli in after blanching.

CHILDREN CAN LEARN

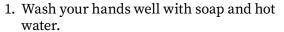
- Raw or blanched broccoli makes a quick and easy snack and is fun to eat with healthy dips.
- The florets are the flowers of the broccoli plant, so they are eating flowers!





BROCCOLI AND VEGETABLE DIP

- ½ cup low-fat sour cream
- 1/3 cup chunky salsa
- 3 tablespoons green onions, cut into small pieces
- ½ teaspoon garlic powder



- 2. Rinse green onions under cool water. Cut roots off white ends of onions. Cut tips off green ends.
- 3. Cut onions into small pieces.
- 4. Place the sour cream, salsa, green onions, and garlic powder into a small bowl. Stir until they are mixed together.



HOW TO BLANCH BROCCOLI

- 1. Wash your hands well with soap and hot water.
- 2. Use 1 gallon of water for every pound of broccoli.
- 3. Pour rinsed broccoli pieces in a pot of boiling water. Bring to boil again.
- 4. Let broccoli cook for 1 to $1\frac{1}{2}$ minutes until bright green. Remove pot from heat.
- 5. Quickly place broccoli into a large bowl filled with ice water. Leave broccoli in the ice water for 2–3 minutes.
- 6. Transfer the broccoli to a colander and allow to drain.



CHICKEN BROCCOLI SKILLET

- 2 teaspoons oil
- 4 skinless, boneless chicken thighs (1½ pounds)
- 1 teaspoon black pepper
- 1 14.5-ounce can low-sodium chicken broth
- ¾ cup water
- 1 10.5-ounce can low-sodium condensed cream of chicken soup
- 1 tablespoon minced garlic (3 cloves)
- 2 cups small shell pasta, uncooked
- 2 cups chopped frozen broccoli
- ½ cup (4 ounces) cheese, optional
- 1. Wash your hands well with soap and hot water.
- 2. Heat oil in a skillet on medium-high heat.
- 3. Cut chicken into 1-inch cubes; add chicken to skillet and sprinkle with black pepper. Turn chicken until cooked thoroughly, about 3–5 minutes.
- 4. Wash your hands well with soap and hot water after handling raw chicken.
- 5. Sanitize the cutting board and knife used to cut the chicken.
- 6. Add chicken broth, water, cream of chicken soup, garlic, pasta, and frozen broccoli to the skillet. Stir gently to mix.
- 7. Bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes or until pasta is tender.
- 8. Sprinkle cheese on top before serving.
- 9. Refrigerate leftovers within 2 hours.







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MISSISSIPPI STATE UNIVERSITY EXTENSION

Publication 3395 (POD-10-21)

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director