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# NUTRITION AND YOU...BROCCOLI

## FOOD FOR THOUGHT

Broccoli can help reduce the risk of some forms of cancer and heart disease. It also keeps bones, eyes, and teeth strong. Choose bright green or purplish-green heads. Leaves and stems should be dark green. Stalk should be tender and firm with compact buds. Serve broccoli raw or cooked. Steam, boil, or simmer in a little water, or microwave for the shortest time possible. Overcooked broccoli loses nutrients. Add broccoli to soups, salads, casseroles and stir-fries.

## SHOP SMART

In Ohio, locally grown broccoli is available from mid-June to mid-October.

## EAT HEALTHY

### Broccoli is:

- An excellent source of Vitamins A and C
- A good source of dietary fiber
- Cholesterol, fat, and sodium free
- Low in calories

*Note: 1 cup cooked or raw broccoli provides 1 cup of your daily vegetable requirement.*



## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Wash broccoli under running water before eating or cutting. Keep foods that will be eaten raw (like broccoli) separate from raw meat, poultry or seafood
- Cut away damaged or bruised areas. Discard broccoli that looks or smells spoiled

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

# RECIPE

## Chicken and Broccoli Bake

### Ingredients:

- 1 cup rice, uncooked
- 1 package (10 ounce) broccoli, frozen
- 3 cups chicken, cooked
- 1 tablespoon margarine or butter
- 1/4 cup flour
- 2 cups chicken broth
- 1/4 cup Parmesan cheese (optional)

### Instructions:

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in a large sauce pan.
5. Add flour to melted margarine and stir. Mixture will be lumpy.
6. Use broth from the chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir.
7. Add cheese and stir.

## Nutrition Facts – Chicken and Broccoli Bake

Cost: Per Recipe: \$ 8.00

Per Serving: \$ 1.00

Serving Size: 1/8 of recipe

Calories: 170

Calories from Fat: 45

Per Serving	% Daily Value*
Total Fat -- 5 g	8 %
Saturated Fat – 1 g	5 %
Dietary Fiber – 1 g	4 %
Sodium – 490 mg	20 %
Sugars – 1 g	
Protein – 18 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

8. Add rice, broccoli, and chicken. Stir.
9. Put in a casserole pan and bake at 350° for 30 minutes or until thoroughly heated.

## FOCUS ON FITNESS

- Regular physical activity builds bones and muscles, and helps maintain a healthy weight
- Take your entire family on a neighborhood or nature walk
- Do stretches, exercises, or pedal a stationary bike while watching television
- Mow the lawn with a push mower



## REMEMBER:

Shop using a grocery list.



## REFERENCES

- The Recipe Finder. SNAP-Ed Connection [recpefinder.nal.usda.gov/](http://recpefinder.nal.usda.gov/)
- United States Department of Agriculture, [choosemyplate.gov](http://choosemyplate.gov)
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

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