

BROCCOLI



HOW TO USE

Cut it into bite-sized pieces and add it to your favorite pasta sauce; Cut it into bite-sized pieces, steam it, and sprinkle it with lemon juice and a pinch of salt.

HOW TO STORE

Keep it in an open plastic bag in the refrigerator for up to 5 days.

HELPS SUPPORT

Heart health, digestion, immune system, and vision.

BROCCOLI SALAD

Servings: 6

Preparation Time: 15 Minutes

INGREDIENTS

- 4 cups of broccoli, washed and cut into bite-sized pieces
- ¼ cup onion, diced
- ¼ cup mayonnaise or mayonnaise substitute
- 2 ½ tablespoons low fat plain yogurt
- 1 tablespoons sugar
- 1 teaspoon oil

Optional

- ¾ cup radishes, thinly sliced
- 1 tablespoon vinegar
- 1/3 cup raisins or chopped nuts



Photo: CDPH's NEOPB

INSTRUCTIONS

1. Heat a pan to medium heat. Once hot, add the oil, and then the diced onions. Cook them until tender, about 5 minutes. Remove them from the heat and let them cool.
2. In a large bowl, combine the broccoli, diced onion, and radishes (optional).
3. In a small bowl, mix the mayonnaise, yogurt, sugar, and vinegar.
4. Pour the dressing from the small bowl over the vegetables, and mix well. For increased flavor, put in the refrigerator for up to 2 hours before serving.

Adapted from the City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP) via EatFresh.org