

BROCCOLI



STORAGE

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

HELPS SUPPORT

Heart health, digestion, immune system, and vision.

HOW TO USE

Cut raw broccoli into small pieces and add it to a salad; dip broccoli pieces in low fat salad dressing; sauté it and add it to your favorite dish.

VEGETABLE STIR FRY WITH RICE

Servings:4

Preparation Time: 45 Minutes

INGREDIENTS

- 1½ cups water
- ¾ cups uncooked brown rice
- 1 tablespoon oil
- 4 teaspoons low sodium soy sauce
- 2 cups cut broccoli
- 1 cup of carrots, cauliflower, or bell peppers
- ½ teaspoon ground black pepper

OPTIONAL

8 ounces lean ground turkey



Photo: Champions for Change Program

INSTRUCTIONS

1. In a saucepan, boil water. Add rice and cover the pan. Turn heat down to low and cook for 30 to 40 minutes, or until rice is slightly soft. Turn off the heat.
2. In a large pan, heat oil over medium heat. If using ground turkey, add to pan, and stir for about 5 minutes or until meat is no longer pink. Turn heat down to low, and stir in soy sauce.
3. Add cooked rice, vegetables, and black pepper. Turn heat up to medium-high. Cook and stir for about 5 minutes or until the vegetables are slightly soft and the mixture is hot.

Adapted from the Champions for Change Program