



# BROCCOLI

## WHAT'S IN IT FOR YOU?

- Vitamin C to help you stay healthy
- Vitamin A for healthy vision and skin

## SERVING IDEAS

- Boil or steam broccoli in a small amount of water until tender. Add cooked garlic.
- Cut raw broccoli into small pieces and add to salads, or dip in dressing.

## STORAGE

- Store unwashed broccoli in an open plastic bag in the refrigerator for up to 5 days.

## BROCCOLI PASTA SALAD

Makes 8 Servings

### Ingredients:

- 4 cups cooked pasta
- 2 cups cooked **broccoli** pieces
- 1 cup cooked carrot slices
- 1/2 cup red or green pepper strips
- 1/4 cup sliced green onions
- 1/2 cup salad dressing



### Instructions:

Mix all ingredients together and refrigerate for about 30 minutes before serving.

**Note:** For a more hearty salad, add strips of cooked meat, cooked beans or sprinkle with grated cheese.

Adapted from: Oregon's Healthy Harvest Recipes, Oregon State University Extension Service



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