

VEGETABLE of the MONTH

Cooking for Kids

Baked Broccoli

Serves: 4, Prep: 40minutes

Ingredients:

¼ cup chopped onion
6 tablespoons butter
2 tablespoons flour
½ cup water
1 cup grated cheese
3 eggs well beaten
2 pkgs. Frozen chopped broccoli, thawed
Salt & pepper per taste
½ cup soda cracker crumbs

Directions:

1. Sauté onion & half of butter until soft. Stir in flour then whisk in water. Cook until thickened.
2. Stir cheese into sauce mixture until melted. Mix the egg, sauce mixture, and broccoli together. Put in greased casserole dish. Cover with crumbs and dot with remaining butter. Bake at 350°F for 25mins.

Recipe adapted from Seattle Pacific University's Cookbook.

Books

Grades K-2

Growing Vegetable Soup

By: Lois Ehlert

Grades 2-5

The Vegetables We Eat

By: Gail Gibbons

The Incredible Edible Broccoli



Just the Facts

→ Broccoli has been around for over 2000 years and has been grown in the United States for more than 200 years.

→ Broccoli can be eaten raw or cooked.

→ Broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.

→ Broccoli is also an excellent source of vitamin B6, riboflavin, and potassium.

→ Cooked broccoli can be frozen for up to 2 months in airtight bags or containers.

Did You Know?

This month on the school menu you can enjoy BROCCOLI:

- Fresh on the garden Spot
- In Salads like Broccoli and Asian salads
- Cooked and served with mac & cheese

→ Other broccoli varieties are:

- Broccolini
- Broccoflower
- Broccoli sprouts



← The most common type of broccoli sold in the U.S. is called sprouting broccoli, or Italian green broccoli. Another name for Italian green broccoli is Calabrese. This name came from the Italian province of Calabria, where it was first grown.

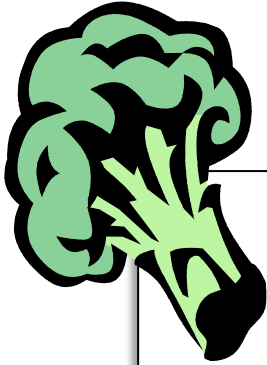
For more information, see:

- <http://www.quickhelp.org/archive/tip/BR-EN/tips.pdf>
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=9#purchasequalities>
- http://www.panen.org/sites/default/files/SNAC%20Materials/broccoli_newsletter2.pdf



Created by: The EPS Food & Nutrition Department

Activity: Broccoli



Broccoli Brain Teaser



Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:

What I learned about broccoli:

What are the other broccoli varieties?
