

BROCCOLI

Broccoli & Potato Soup

Ingredients:

1 tablespoon olive oil
1 small chopped onion
4 cups low sodium vegetable broth
1 cup potatoes, peeled and diced
4 cups chopped broccoli
1 cup nonfat milk
Salt and pepper to taste
¼ cup shredded cheddar cheese

Instructions:

1. Sauté the chopped onions with olive oil in a large sauce pan until soft.
2. Add the potatoes and broth to the pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer for about 15 minutes.
5. Add the chopped broccoli and continue to cook for 5 minutes or until the vegetables are soft.
5. Add the milk to the soup.
6. Cook, stirring constantly, until the soup thickens.
7. Season with salt and pepper.
8. Ladle into serving bowls.
9. Sprinkle with cheddar cheese.
10. Enjoy with a piece of crusty bread and a salad!

What is broccoli?

Broccoli is a member of the cabbage family and is a very close relative to cauliflower. This delicious vegetable contains more nutrients than any other vegetable! Some of these nutrients include vitamins A, C, & D, beta carotene, calcium, fiber, iron and antioxidants. Consumption of foods high in antioxidants can help protect against cancer and heart disease.

What are some easy ways to prepare broccoli?

Try it raw, steamed, stir-fried, boiled, or roasted. Lightly steamed or boiled broccoli makes a delicious addition to any salad. Roasted broccoli with olive oil and garlic makes a fantastic side dish. Raw broccoli is a wonderful addition to a vegetable platter.

Super Fun Fact!

Did you know that the average American eats 4½ pounds of broccoli each year?