



TAKE A BITE OUT OF BROCCOLI

Broccoli is a green vegetable that comes in a few different varieties: calabrese, broccoli rabe and broccolini. Broccoli grows in cool seasons and is harvested before it begins to bloom yellow flowers. Choose broccoli with fresh-looking, light green stalks with compact, dark green heads, some may even have an occasional purple tinge to them.

NUTRITION FACTS

Broccoli is a cruciferous vegetable that is rich in many nutrients.

- good source of fiber and potassium
- high in vitamin C, folate, vitamin A and vitamin K
- low in fat and sodium
- saturated and cholesterol free

Enjoy broccoli as a snack, in your salad or cooked as a side dish!

FUN FACTS AND TIPS

- Eat the stem! While the outer skin is relatively tough, stems can be peeled and sliced for dipping in your favorite vegetable dip or cut into smaller pieces and cooked along with florets.
- Broccoli is one of the best vegetable sources of vitamins A and C which are good for your eyes, skin and immune system.
- Cruciferous vegetables like broccoli, cauliflower, kale, bok choy, Brussels sprouts, cabbage and kohlrabi contain antioxidants that may help reduce the risk of developing many cancers.