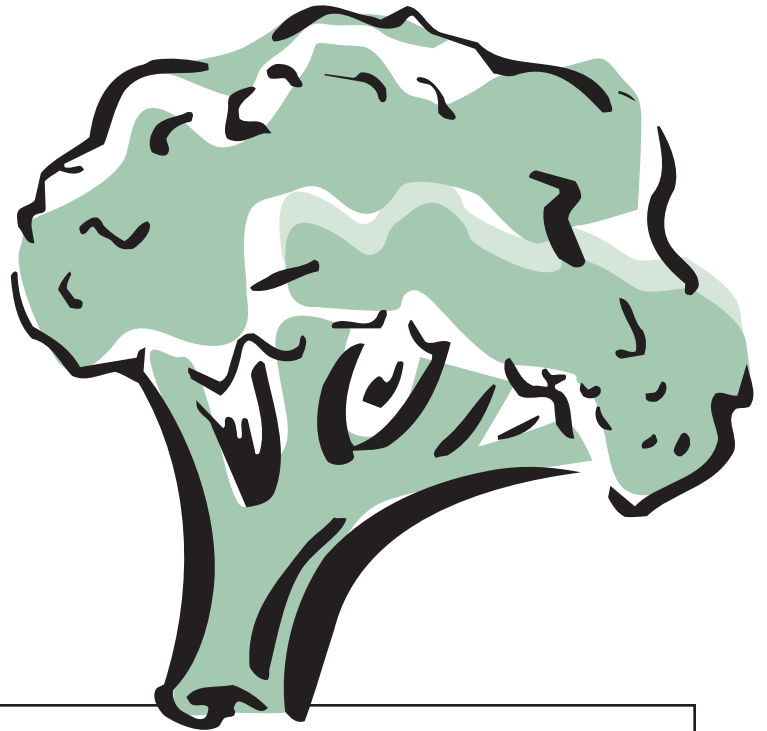




Bring on the Broccoli

Broccoli is one of those vegetables that are loaded with good things — Vitamins A and C, calcium, and potassium. Parents and caregivers often say they can't get children to eat broccoli. Try serving it in different ways, raw and cooked. You may be surprised when children say, "Yeah, broccoli!"



VEGGIE PIZZA

(a great snack)

- 1 (8 oz.) package refrigerated crescent roll dough
- 1 (8 oz.) package low-fat cream cheese, softened
- 2 Tablespoons ranch dressing
- 1/4 teaspoon dried basil
- 1/8 teaspoon garlic powder
- 1/2 cup chopped fresh broccoli
- 1/2 cup chopped fresh cauliflower
- 1/4 cup shredded carrots

- Without separating the dough, roll out the dough onto a lightly greased cookie sheet, forming a single flat crust. Bake according to directions on the package. Cool.

- In a bowl, mix together the cream cheese, ranch dressing, basil, and garlic powder. Spread the mixture evenly over the surface of the dough. Spread the broccoli, cauliflower, and carrots on top of cream cheese mixture. Refrigerate for 30 minutes, allowing topping to thicken. Cut into squares and serve.



BROCCOLI CHEESE CUSTARD

3 cups chopped broccoli
(you can use fresh broccoli or
2 (10-oz.) frozen packages)
3 eggs
 $\frac{2}{3}$ cup milk
 $1\frac{1}{2}$ cups shredded sharp cheddar
cheese
Salt and pepper
Paprika

• Cook broccoli in a small amount of boiling salted water until barely tender. Drain and put in a buttered shallow baking dish. Beat eggs with milk, stir in cheese, salt and pepper. Pour egg mixture over broccoli.

• Set the baking dish in a pan with about an inch of hot water. Bake at 350°F for 25 to 30 minutes, or until firm. Sprinkle with paprika.

Makes 4–6 servings

BROCCOLI AND HAM CASSEROLE

(a great way to use leftover ham)

2 cups chopped, cooked ham
1 (10 oz.) package frozen broccoli
1 cup cooked rice
1 can cream of celery or mushroom
soup
1 cup shredded cheddar cheese
1 small onion, chopped (optional)
 $\frac{1}{2}$ cup low-fat sour cream or plain
yogurt

$\frac{1}{2}$ cup buttered bread crumbs
Salt and pepper to taste

• Combine all ingredients except bread crumbs. Place in ovenproof casserole dish. Top with bread crumbs. Bake for 1 hour at 325°F, or until browned and bubbly.

Makes 4–6 servings

CREAM OF BROCCOLI SOUP

1 medium onion, chopped
2 cloves garlic, minced
24 ounces reduced sodium chicken
broth
16 ounces chopped broccoli
(defrosted if frozen)
 $2\frac{1}{2}$ cups low-fat milk
 $\frac{1}{3}$ cup flour
 $\frac{1}{4}$ teaspoon black pepper
 $1\frac{1}{2}$ cups reduced fat
cheddar cheese, grated

• Spray a large soup pot with cooking spray and heat over medium heat until hot. Add onion and garlic and sauté until tender. Add broccoli and broth and bring to boil. Reduce heat and simmer for 10 minutes.

• Place $\frac{1}{3}$ of the broccoli/broth mixture into a food processor or blender and process until smooth. Return puree to soup pot. Combine milk and flour and mix well with a wire whisk. Slowly add milk mixture to soup and cook over very low heat for 20 minutes or until thickened.

Remove from heat and add cheese, stirring until melted.

Makes 8 servings

CHICKEN RICE DIVAN BAKE

(a good way to use leftover chicken)

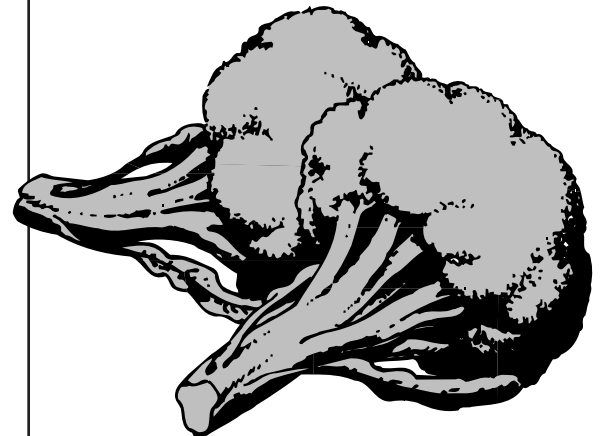
1 (10 oz.) package frozen broccoli
spears
1 cup grated cheddar cheese
2 cups cubed cooked chicken
Salt and pepper to taste
1 cup cooked rice
2 Tablespoons butter
2 Tablespoons flour
1 cup milk
1 Tablespoon lemon juice
1 cup low-fat sour cream or plain
yogurt

• Cook broccoli according to package directions; drain well. Arrange broccoli in 13 x 9 x 2-inch baking

dish. Sprinkle with half the cheese; top with cubed chicken. Season with salt and pepper; spoon on the cooked rice.

• In a saucepan, melt butter over low heat. Blend in flour; add milk. Cook, stirring constantly, over medium heat until mixture thickens and bubbles. Remove from heat; stir in lemon juice and fold in the sour cream or yogurt. Pour over chicken. Sprinkle with remaining cheese. Bake at 400°F for 15 to 20 minutes.

Makes 4–6 servings



Pennsylvania Pathways

*Professional Development
for Child Caregivers*

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Cooperative Extension
College of Agricultural Sciences

Sources: Southernfood.about.com, family education.com, 24hourfitness.com

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Supported by funds from the Pennsylvania Department of Public Welfare, Pennsylvania Pathways.

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