



# Nutrition Corner

SNAP - Supplemental Nutrition Assistance Program

June 15, 2020

## Parent's Corner

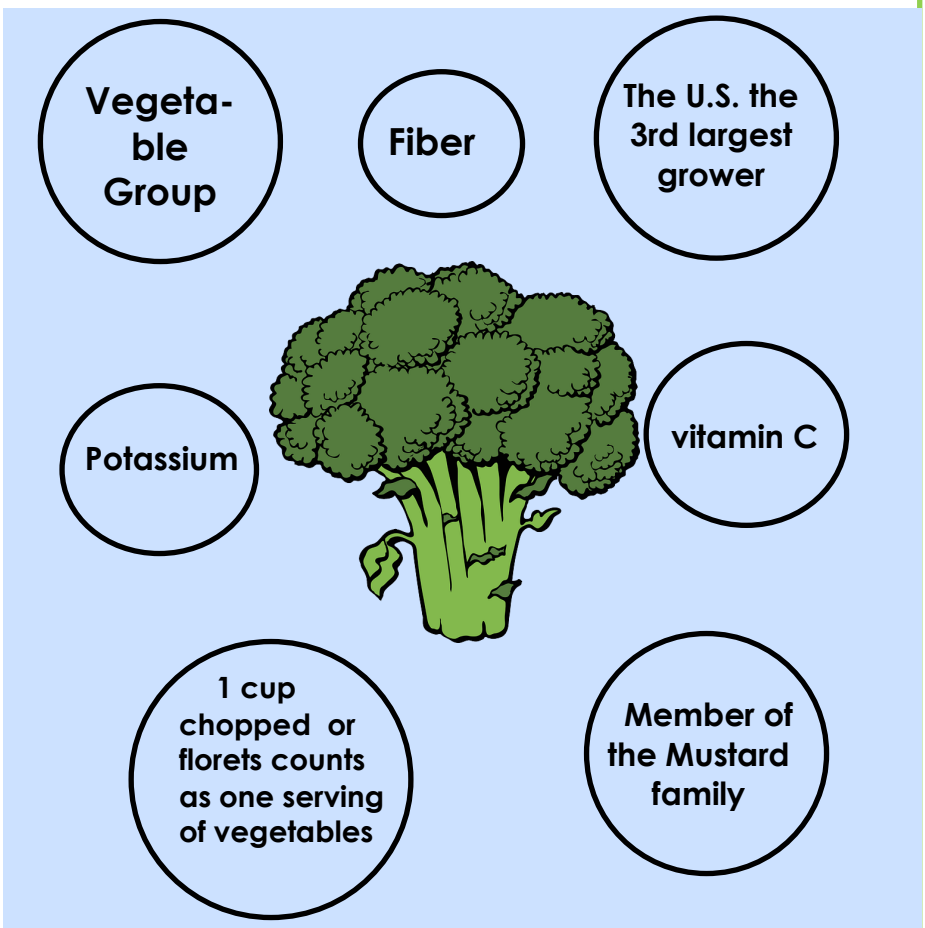
### Creative Ideas To Get Your Kids To Eat More Broccoli

Vegetables are an important source of many nutrients, including potassium, fiber, vitamin C and folic acid. Use these creative tips to get your kids to eat more Broccoli

1. **Cook broccoli properly.** Do not boil broccoli for any longer than 6 or 7 minutes or try steaming.
2. **Cook it differently.** Try stir-frying or roasting it with some light soy sauce and olive oil.
3. **Serve broccoli raw.** Serve broccoli with different dips.
4. **Mix broccoli with other things.** Cut it up and mix it with other vegetables, such as cauliflower or carrots.
5. **Make broccoli fun!** Remember that broccoli looks a lot like little trees.

Source: <https://closeronline.co.uk>

### Focus On Vegetables: Broccoli



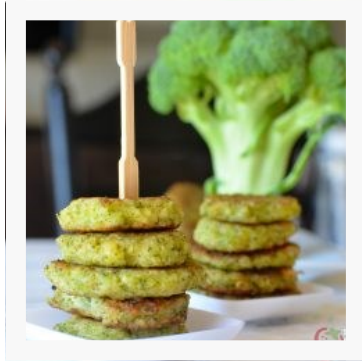
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Source: <https://www.choosemyplate.gov> and <https://fsi.colostate.edu/>



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## Cheesy Broccoli Bites



Makes 4 servings

### Ingredients

- 2 cups broccoli, florets
- 2 large eggs
- 1/2 teaspoon salt
- 1/2 cup panko or plain bread crumbs
- 2 ounce parmesan cheese, grated
- 2 tablespoon olive oil

### Directions

1. Steam broccoli just until fork-tender.
2. Add broccoli, egg, salt, bread crumbs, and parmesan to a food processor; blend just until finely chopped. Using 1 tablespoon at a time, form into balls.
3. Heat oil in a skillet. Drop balls of broccoli mixture into hot oil, flattening with a spatula. Cook both sides until crispy.
4. Serve warm.

Source: <https://www.superhealthykids.com/recipes>

Directions: Find your way out of the broccoli maze!

# Broccoli Maze

