Nutrition Corner
SNAP - Supplemental Nutrition Assistance Program

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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](https://closeronline.co.uk)

Focus On Vegetables: Broccoli

![Broccoli Diagram]

- **Vegetable Group**
- **Fiber**
- **The U.S. the 3rd largest grower**
- **Potassium**
- **vitamin C**
- **Member of the Mustard family**
- **1 cup chopped or florets counts as one serving of vegetables**

Source: [https://www.choosemyplate.gov](https://www.choosemyplate.gov) and [https://fsi.colostate.edu](https://fsi.colostate.edu)

Written by:
Alicia Vogel (Nutrition Educator)
1040 Mattlind Way
Food Bank of Delaware
Milford, Delaware 19963

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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

Source: https://i.pinimg