

# December 2016



Pick a **better snack**™



## Broccoli and Cauliflower: The Anytime Vegetables

Looking for produce that tastes great in the winter at a reasonable price? Add fresh broccoli and cauliflower to your next grocery list.



## Vegetable of the Month:



# BROCCOLI & CAULIFLOWER

### Simple Ways to Serve Fresh Broccoli or Cauliflower

**Raw:** Wash and cut veggies into bite-size pieces. Serve with dip or salad dressing.

**Steam:** Place veggies in a steaming basket or colander over a pan with a small amount of boiling water (vegetables should not be covered in the water). Cover and steam until tender.

**Sauté:** Heat a small amount of oil (olive, canola or vegetable) in a pan over medium-high heat. Add veggies and stir-fry until tender.

**Microwave:** Place vegetables in a microwave-safe dish with a small amount of water. Cover and cook until tender.

**Roast:** Toss vegetables with oil (olive, canola or vegetable) and sprinkle with seasonings such as salt, pepper, garlic powder, or Italian seasoning. Roast in a 425° oven for 25-30 minutes or so, flipping the veggies half way through. Cauliflower tastes great sprinkled with grated parmesan.



Wash. Bite. How easy is that?



**FUN FACT:** Cauliflower is not just white! Kids will love the purple, yellow, and lime-green colors too.

Do you have kids at home under age 5? WIC may be able to help provide monthly groceries including fruits and vegetables. Call 1-800-532-1579.



### Save Money!

Buy frozen vegetables and cook just what you need for a meal. Put the rest back in the freezer for another time. Frozen vegetables are just as nutritious as fresh veggies. Keep them on hand for a quick side dish.

