Broccoli & Cauliflower

Stalking Up!

Are you using all of your broccoli? Broccoli stalks are delicious and packed with nutrients. Smooth out the broccoli stalk with a vegetable peeler to peel off the fibrous outer layer. Cut, dice or slice the stalk however you like. Add them to any roasted, steamed, sautéed or stir-fried dish.

Fresh Fruit and Vegetable Program

The Fresh Fruit and Vegetable Program allows schools to provide children with free fresh fruits and vegetables during the school day. Each year schools that have 50 percent or more of their students eligible for free or reduced price meals can apply.

Like **Pick a better snack™**, the Fresh Fruit and Vegetable Program introduces children to a variety of produce that they otherwise might not have the opportunity to sample. For more information, visit https://educateiowa.gov and search for Fresh Fruit and Vegetable Program.

Fuel your fun

Eat fruits and veggies.

Mashed Cauliflower

Serves: 4

Ingredients

- 1 large head cauliflower, leaves removed and discarded
- 1 cup water
- 3 tablespoons plain yogurt
- 1 tablespoon margarine
- Salt and black pepper (to taste)

Directions

1 Use your hands and a small, sharp knife to separate the cauliflower into florets and finely chop the stem. Throw away the tough inner core.

2 Put a pot on the stove, add the cauliflower and water, and bring to a boil over high heat. Cover and turn the heat down to low.

3 Cook the cauliflower until very tender, 15 to 35 minutes depending on the size of the cauliflower florets. If there is liquid left in the pot, drain the cauliflower in a colander and return it to the pot.

4 Mash, using a potato masher, or blend with a handheld blender or food processor.

5 Add the margarine, yogurt, salt and pepper and mash until smooth. Serve right away, or cover and refrigerate up to 2 days.

Adapted from http://www.chopchopmag.org.

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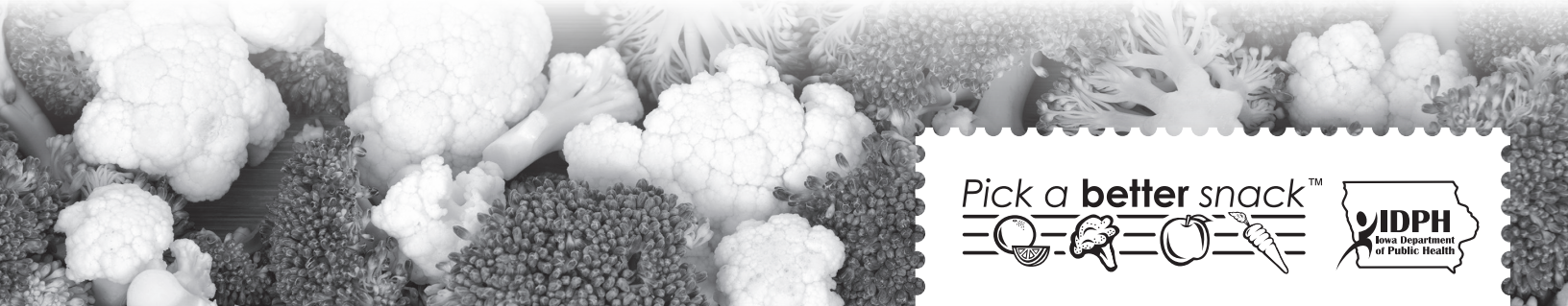

Pick a **better** snack™

IDPH Iowa Department of Public Health