

4 use dark green lettuce for salads

Choose Romaine, leaf lettuce or another dark green leafy lettuce.



seven ways to eat more dark green vegetables



Choose dark green vegetables - broccoli, spinach, romaine, dark green leafy lettuce, bok choy, mustard greens, turnip greens and collard greens.

1 snack on broccoli

- Dip in low fat Ranch salad dressing, dill dip, or salsa.
- Bring a bag of raw broccoli for a snack when away from home.



Buy broccoli with compact, dark green heads.

Broccoli can be kept in your refrigerator for up to 5 to 7 days.



2 cook fresh broccoli

Microwave broccoli - Place broccoli in a dish with $\frac{1}{4}$ inch of water. Cover loosely and microwave on high for about 2 to 3 minutes or until broccoli stems are tender.

Steam broccoli - Fill a saucepan with 1 inch water. Bring to a boil. Place broccoli in a metal steamer above the water. Steam for 6 to 8 minutes, or until broccoli stems are tender.



Sprinkle cooked broccoli with lemon juice, grated parmesan cheese or cheddar cheese.

- Top a baked potato with cooked broccoli and shredded cheddar cheese.
- Try broccoli ham rolls - Roll a slice of ham around a cooked broccoli spear.

3 add broccoli to your favorite dishes

- Toss some fresh chopped broccoli into a lettuce salad.
- Add finely chopped broccoli to spaghetti sauce, lasagna or meatloaf.
- Add chopped broccoli to rice or noodle dishes.
- Stir some chopped broccoli into a soup or stew.



Salad

lettuce, and red peppers. Cook for 3 to 4 minutes.

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r meals

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pasta dish.

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or a salad.



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Information: www.nutrition.gov Health Care Provider: WIC103

