

Bold Broccoli

BROCCOLI FUN FACTS

- Broccoli has been around for over 2000 years but it has only been grown in the United States for about 200 years.
- The Salinas Valley in California grows most of the broccoli in the United States. This region produced broccoli from March through December. The Yuma Valley in Arizona produces broccoli from November to March.
- Broccoli is one of the few vegetables that are available year-round.
- Along with cabbage, cauliflower, and brussel sprouts, broccoli is a cruciferous vegetable.
- Broccoli is not only packed full of vitamins, minerals and fiber, but it is also jammed packed with phytochemicals. Phytochemicals are natural substances found in plants that protect your body against certain types of cancer and heart disease.

English Muffin Pizza

Ingredients:

- 4 whole-wheat English muffins
- $\frac{1}{2}$ cup pizza sauce
- 1 cup shredded mozzarella
- $\frac{1}{2}$ cup diced broccoli
- 1 small can sliced black olives
- $\frac{1}{4}$ cup chopped onions
- $\frac{1}{2}$ cup sliced mushrooms

Directions:

1. Spread each English muffin half with pizza sauce.
2. Top with cheese and vegetables
3. Bake for 12-15 minutes at 350 degrees.

Nutrition Facts

Serving Size = $\frac{1}{2}$ cup, cooked

Calories 22

Fat 0 g

Fiber 2 g

Vit. C 58 mg

Vit. A 540 IU

Folic Acid 39 μ g

Did you know...that broccoli got its name from the Italian word "brocco" which means branch or arm?

