



TASTE OF THE SEASON...

B R O C C O L I

Baked Potato w/Broccoli & Cheese

100 Baked Potatoes
6 quarts + 1 cup Broccoli
12 pounds +8 oz. Cheese, cheddar, low fat or mozzarella part skim-shredded

1. Heat potatoes to 140 degrees F. or higher for at least 15 seconds
2. Partially split each baked potato lengthwise. Top each split potato with ¼ cup steamed broccoli and 2 oz. (1/2 cup) shredded cheese.
3. Return assembled baked potatoes to 350 degrees F. until cheese is melted.
4. Hold for hot service at 140 degrees F. or higher.

Nutrition Facts

Serving Size 1 cup chopped 91g (91 g)

Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Vitamin C 135%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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What to look for when buying Broccoli-

Broccoli should have fresh-looking, light-green stalks with consistent thickness. The bud clusters should be compact and dark green.

Storage Tips:

- ✓ Store your broccoli in a plastic bag in your refrigerator's crisper drawer.
- ✓ It is best if used within a day or two after purchasing.



Broccoli Fun Facts

- The name "broccoli" comes for the Latin word brachium, which means "branch," or "arm."
- Broccoli is low in calories, high in vitamin C, and a good source of both folate and Vitamin A.
- Broccoli heads are actually groups of buds that are almost ready to flower; each group of buds is called a floret.
- California is broccoli country. It grows more than 90 percent of the nation's broccoli.
- Broccoli grows from a seed planted in the garden.

A healthy serving of broccoli sprouts in your salad or sandwich can offer some great health benefits.

Other ways broccoli helps our lives include, help for sun-damaged skin, boosts the immune system and builds stronger bones.

Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.

