

Health Tip of the Month

Enjoy a Bite of Broccoli

A Tasty, Nutrient-Packed Veggie!

Benefits of eating broccoli:

Vitamin C - fights skin damage from the sun and helps form collagen, which supports healthy looking skin.

Vitamin A - supports eyes and skin.

Fiber - prevents constipation and keeps a healthy digestive tract.

Calcium and Vitamin K - strengthens bone and reduces risk of fracture.

Folate - lowers risk of heart disease and risk of breast cancer.

Cancer - reduces risk of lung and colon cancer.

Boiling or microwaving broccoli removes the antioxidants.
Enjoy eating a cup of raw, steamed, or roasted broccoli.



Roasted Garlic Broccoli

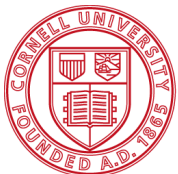
Ingredients

- 1 pound broccoli
- 2 tbsp. olive oil
- 2 cloves garlic
- Optional: pepper, herbs, lemon juice, sprinkle of grated cheese

Directions

1. Preheat oven.
2. Cut broccoli and mince garlic.
3. Spread on baking sheet and drizzle oil and other ingredients, then roast until edges are crispy (about 10-15 min).

Use this recipe to roast other veggies, like carrots, asparagus, sweet potatoes, bell peppers, and Brussels sprouts!



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Worksite Wellness Initiative: by Jessica Wilson, Dietetic Intern
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