



# MAKE YOUR FOOD DOLLARS COUNT

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## Broccoli Bonanza

Broccoli's exceptional nutritional value, ease of preparation, and great taste make it the vegetable of the summer. Don't wait - have some broccoli today!

### Broccoli Stir-Fry

- 1 cup water
- 1 bouillon cube (low sodium)
- 2 broccoli spears (3 cups chopped)
- 1 large onion (1 cup chopped)
- 2 teaspoons cornstarch
- 2 teaspoons hot mustard\*
- 2 teaspoons duck sauce\*
- 2 teaspoons soy sauce\* (low sodium)
- 1/2 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 2 cups cooked rice (optional)

Boil water and add bouillon cube, stirring to dissolve; set aside to cool. Wash and chop broccoli. Chop onion.

To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch mixture back into bouillon water. Stir in hot mustard, duck sauce, soy sauce, and garlic powder. Heat oil in frying pan on medium. Add broccoli and onion; stir-fry 3 to 5 minutes, or until broccoli is just tender. Add sauce, stirring until mixture boils and thickens. Serve broccoli over rice if desired.

\* Or use single-serving take-out packet

**Yield:** 8 servings; serving size 1/2 cup (40 calories, 2 grams fat, 0 mg cholesterol, 130 mg sodium)



### Broccoli Salad

- 1 large bunch broccoli (flowerets only)
- 1 small onion, chopped
- 1/2 cup raisins
- 4 slices of bacon (or 1-2 Tablespoons bacon bits) optional

#### Dressing:

- Whisk together:
- 3/4 cup mayonnaise (no or low fat)
  - 2 teaspoons apple cider vinegar
  - 1/4 cup sugar

Bring 1/2 cup water to a boil in a large sauce pan. Add broccoli and cook until broccoli turns green. Drain. Microwave bacon between paper towels to crisp. Pat with fresh paper towels to remove excess fat. Crumble bacon. Toss salad ingredients with dressing. Refrigerate leftovers.

**Yield:** 8 servings; serving size 1/2 cup, (80 calories, 1 gram fat, 0 mg cholesterol, 190 mg sodium)

### Broccoli and Black Bean Quesadilla



- 1 cup cooked black beans
- 1/4 cup salsa
- 2 ounces cheddar cheese (1/2 cup grated)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- Four 8-inch flour tortillas

In large mixing bowl, mash beans. Drain salsa and add to beans. Grate cheese and add to beans. Chop broccoli and add to beans. Heat oil in frying pan on medium. Lay tortilla flat on plate. Using 1/4 of bean mixture, fill half of tortilla, folding

other half over mixture. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side. Remove from pan and cut in half. Repeat with remaining tortillas.

**Yield:** 8 servings; serving size 1/2 quesadilla, (150 calories, 6 grams fat, 5 mg cholesterol, 230 mg sodium)



### Cream of Broccoli Soup

- 1 - 10 oz. package frozen chopped broccoli, thawed and drained
- 1/2 small onion
- dash garlic powder
- 2 tablespoons flour
- 1-1/2 cups chicken broth - homemade see below (or canned low sodium)
- 2 cups fat-free milk

Place broccoli, onion, garlic powder, flour and chicken broth in blender container: Process until almost smooth.

Pour into saucepan and add milk. Stir often until soup comes to a boil. Reduce heat to low and simmer 5-10 minutes to cook onion.

#### For homemade chicken broth:

Simmer chicken bones with celery, onion, carrots (if desired) and water for at least one hour, covered. Refrigerate overnight. Skim off any hardened fat. Remove bones. Strain if desired. Freeze if you do not plan to use within a day.

**Yield:** 4 servings; serving size 1 cup, (90 calories, 1 grams fat, 0 mg cholesterol, 95 mg sodium)

## Broccoli Hints

### Selection

- Look for tender, firm stalks with tightly closed dark-green buds.
- Avoid limp or yellow broccoli.

### Storage

- Refrigerate unwashed broccoli in a plastic bag or container for up to 4 days.

### Preparation and Cooking Tips

- Wash well in cold water.
- Remove large leaves, trim end of stalk and peel. Stalks and florets can be cut or chopped.
- **To cook:** Place in a saucepan or steamer in one inch of water and cook for about 10 minutes or steam 7 minutes.
- **Hint:** to speed up cooking, split the stalks lengthwise.
- **Microwave:** Place 1 cup of broccoli cuts in a microwave safe bowl with 2 teaspoons of water. Microwave on high for 3-4 minutes.
- Enjoy broccoli raw as a snack, in salads, pasta dishes, on pizza, or served as a side dish.

## Kids Corner: Veggie Forest

### Veggie Forest



3 cups broccoli flowerets  
2 carrots, peeled  
3 tablespoons parsley flakes  
Slices of yellow squash (optional)  
8 tablespoons vegetable dip (see below)

**Directions:** Assemble forest: make trees using carrots as the trunks and broccoli as the tree tops. Decorate the sky with squash (sunlight) and spread the dip below the base of the trees. Sprinkle parsley over the dip (grass), and enjoy your creation!

**Yield:** 8 servings; serving size 1/2 cup, (15 calories, 0 grams fat, 0 mg cholesterol, 20 mg sodium)

### Vegetable Dip

1 pound low-fat cottage cheese  
2 tablespoons Italian salad dressing (or salsa)

Press cottage cheese through sieve or process until smooth in food processor. Add Italian dressing to thin to dipping consistency. You may also use 1/2 of a package of dry dressing mix if desired.

**Yield:** 16 servings, serving size 2 Tablespoons, (35 calories, 1.5 grams fat, 0 mg cholesterol, 135 mg sodium)



## Benefits of Broccoli

- ✓ 1/2 cup serving of broccoli contains only about 25 calories, no fat, and is a good source of fiber.
- ✓ Broccoli flowerets and stems contain Vitamin C, Vitamin A, potassium, folate, sodium, calcium and iron.
- ✓ Broccoli contains plant chemicals, or phytochemicals (sulforaphane, indoles, and lutein), which have anti-oxidant properties and health promoting benefits. These include vision health, strong bones and teeth, and a lower risk of some cancers.



## Stretching Your Food Dollars at Farmer's Markets

- \$ Shop early in the day for the best selection. Some fruits and vegetables may sell out.
- \$ Take a basket or sturdy tote to make it easier to carry produce.
- \$ Bargain for lower prices at the end of the market day. Some farmers would prefer to sell at a lower price than to take their produce home.
- \$ Get to know your local farmers. They will let you know when produce is in season and when prices are lowest!
- \$ Buy only as much fresh produce as you will use within 3 to 4 days. Throwing away food is expensive.
- \$ When you find a good price on fruits and vegetables, buy extra and freeze for the winter.

## Try visiting Farmers' Markets in Herkimer County for fresh produce from local farmers:



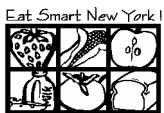
<b>Middleville:</b>	Route 28, in park across from the Library	Wednesdays (3 pm-6 pm)
<b>Herkimer:</b>	W. Albany St. across from the Foot Doctors	Thursdays (8 am-noon)
<b>Dolgeville:</b>	Main St. in Partners Trust parking lot	Fridays (8 am - 5 pm)
<b>Little Falls:</b>	Albany St., Partners Trust parking lot	Saturdays (8 am - noon)

**Need help paying your grocery bill? Food Stamps can help!**

Call (315)894-9917 today

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

## Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

### Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

### Contact:

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