

# Broccoli



## Health Benefits

- Broccoli is rich in essential vitamins and minerals.
- Broccoli has also been linked to lowering the risk of some cancers as well as heart disease.

## Storage

In refrigerator. Once cut, store covered in refrigerator. Broccoli may be frozen and used at a later date.

## Preparation

Rinse well in water. Cut the main stem and cut off florets. The stem as well as the florets may be eaten. Broccoli can be eaten raw or cooked. Add florets and stems to stir fries and salads. Add stems to soups.



## Broccoli & Cheese Casserole

### *Ingredients:*

- 6 cups of broccoli, finely chopped
- 2 cups of cooked rice
- 3 tbsp butter or oil
- 1 small onion, diced
- 1 can of cream of mushroom soup
- 1 can of water or milk
- 2 cups of cheese, shredded



### *Directions:*

1. Preheat oven to 350°F.
2. Sauté onion in oil in a saucepan on medium-low heat until softened. Stir in mushroom soup, and 1 can of water or milk and allow to simmer for about 2 minutes.
3. Stir in 1 cup of cheese and seasonings of your choice.
4. In another saucepan, bring broccoli to a boil and simmer for about 2 minutes.
5. Mix broccoli, rice and cheese sauce in a greased casserole and top with remaining cheese and place in oven for 35 minutes.

\*Recipe adapted from [spendwithpennies.com](http://spendwithpennies.com)