

BERNIE THE BROCCOLI



It's July and we are very excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?





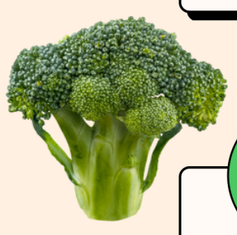
Who Am I?

- I'ma green, crunchy vegetable that looks like a little tree
- I have a big head of green hair and a stem that's hard and smooth
- When cooked, I become softer and taste a bit sweeter or nuttier



Did You Know?

- I am usually greenincolor but sometimes I can be purple
- My green head is actually made up of florets, which are tiny little flowers, that haven't blossomed into yellow flowers yet
- I belong to the same cabbage family as cauliflower and brussel sprouts
- I was first grown in Italy
- Goldfish and hamsters love nibbling on me



Where Can You Find Me?

- Broccoli growsbest in cool weather
- They prefer well-drained, fertile soil and at least 6 hours of sunlight a day
- China and India are the largest producers of broccoli
- Broccoli is in season from June-September
- To store broccoli, place in a loose plastic bag and store in the fridge.

Why You Should Eat Me?

First of all, I taste yummy,butbest of all:

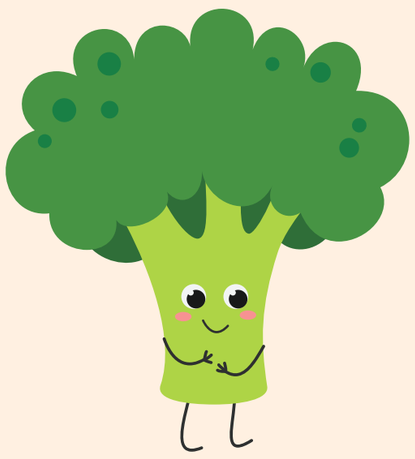
- I am super high in ***Vitamin C*** which helps fight off infections
- I am very high in ***Fibre***. This helps you digest food and keeps your tummy feeling good
- I contain ***Vitamin K*** and ***Calcium*** which contributes to healthy bone growth
- I also supply you with ***Iron*** which helps carry oxygen around your body



Fun Ways to Eat Me

- You can boil or steam me and eat me with your dinner
- You can add me into your pasta dishes
- You can roast me in the oven with a sprinkle of cheese on to

Turn over for a cool recipe!



LOW PROTEIN RECIPES

CHEESEY BROCCOLI BITES

Makes 20 bites
6 bites = exchange free
Anadditional6bitesshouldbecounted as 1 exchange



Ingredients:

- 255g broccoli*
- 2 teaspoons egg replacer (with 4 tablespoons water)
- 1/2 teaspoon salt
- 200g of low protein bread, blended into breadcrumbs
- 70g of low protein cheese, such as Violife or Sons of Butchers
- Spray olive oil

(85g Broccoli = Free, 85g thereafter = 1 exchange)

Method:

1. Steam the broccoli until it is fork-tender.
2. Add broccoli, egg replacer, salt, low protein bread crumbs, and Violife parmesan cheese to a food processor. Blend just until finely chopped.
3. Using 1 tablespoon at a time, form into balls.
4. Heat oil in a skillet. Drop balls of broccoli mixture into hot oil, flattening with a spatula.
5. Cook both sides until crispy.