

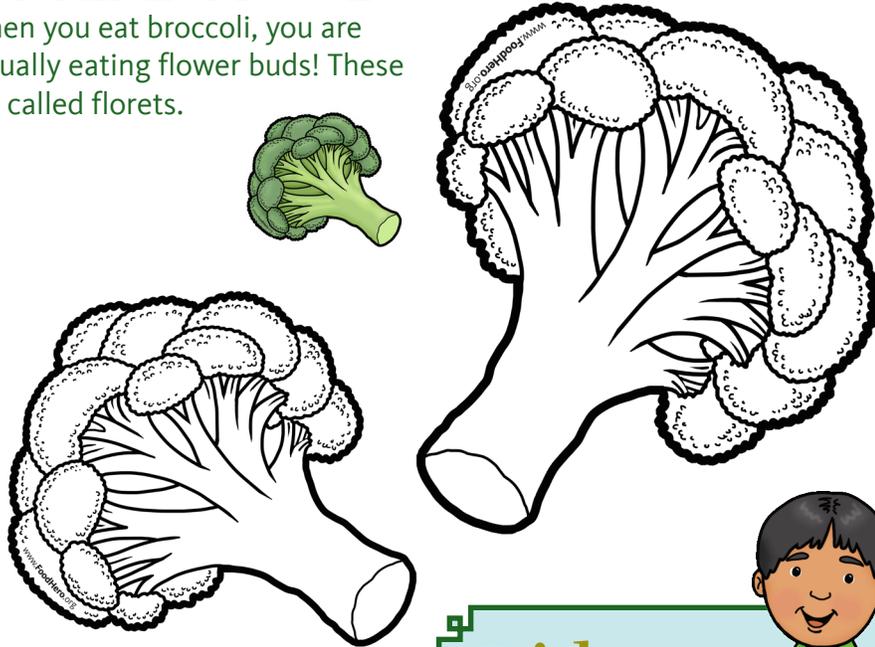


Fun With Broccoli!



Color in the Broccoli

When you eat broccoli, you are actually eating flower buds! These are called florets.



Take a guess!

In the U.S., how many pounds of broccoli do people eat each year?



Six pounds per person!

Did you know?

Our bodies get many nutrients when we eat broccoli, including vitamins A, K and C! No wonder broccoli is popular!



Sesame Noodles with Broccoli and Chicken



Ingredients

- 8 ounces **spaghetti noodles**
- 1 Tablespoon **sesame seeds**
- 2 Tablespoons **sugar**
- 3 Tablespoons **soy sauce**
- 2 Tablespoons **vinegar**
- ¼ cup **vegetable oil**
- 1½ cups cut-up **broccoli**
- 3 cloves **garlic** minced
- 1½ cups **cooked chicken**

Directions

1. Wash hands with soap and water.
2. Cook noodles according the directions. Set aside.
3. Toast sesame seeds in a small skillet over medium heat until light brown.
4. In a small bowl, mix sugar, soy sauce, vinegar. Set aside.
5. Heat oil in a large skillet over medium heat, add broccoli and garlic. Cook until soft.
6. Add chicken and heat through.
7. Add drained noodles and soy sauce mixture. Mix well. Sprinkle with sesame seeds.
8. Refrigerate leftovers within 2 hours.

Kids Can!



Food Hero Cooking Class Challenge

It's fun to taste food that you helped to make! You can help by:

- cleaning the broccoli by rubbing it under cold running water.
- breaking off the florets.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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