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## There are SO Many Ways to Cook Veggies

Follow these easy steps to cook broccoli and cauliflower:



1. Wash under running water.
2. Cut into same-size pieces.
3. Cook.

Choose one of these methods:

- **Microwave.** Place fresh vegetables in a microwave-safe bowl. Add a small amount of water and cover with a plate or napkin. Microwave 3-5 minutes or until fork tender. Check often. Check frozen veggie package labels for microwave steps.
- **Roast.** Preheat oven to 450°F. Place veggies in a single layer on a baking sheet or pan. Rub with 1 tablespoon of oil and season, if desired. Turn vegetables once halfway through cooking. Cook 10-15 minutes until fork tender and slightly brown in places.
- **Steam.** Bring 1 inch of water to a boil in a pan. Place a metal colander or steaming basket in the pan. Place stems in the basket. Cover and steam for 2 minutes. Add the florets, cover and keep steaming until fork tender, about 3 to 5 more minutes.

### Kids Can...

- ✿ find a rainbow of vegetables—red, orange, yellow, green and purple.
- ✿ wash veggies.



### Try Veggies Fresh, Canned or Frozen

- ✓ **Fresh.** When they're in season and cost less, buy extra and freeze.
- ✓ **Canned or frozen.** Buy them when a recipe calls for a veggie that is not in season. Buy extra when they are on sale to store them for months.

### Monthly Food Hero Checklist

- Try a new way of cooking veggies.
- Have kids help wash broccoli or cauliflower.
- \_\_\_\_\_

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# Sesame Broccoli



## Ingredients

- 2 1/2 cups fresh or frozen **broccoli**
- 1 tablespoon **sesame seeds**, toasted
- 1 teaspoon **oil**
- 1 tablespoon **vinegar**
- 2 teaspoons **soy sauce**
- 1 tablespoon **sugar**

**Serving Size:** 1/2 cup  
**Prep time:** 10 minutes  
**Cooking time:** 15 minutes



## Directions

1. If using fresh broccoli, wash and cut into bite-sized pieces.
2. Cook in boiling water for 7-10 minutes or until just tender. Drain before adding sauce.
3. If using frozen broccoli, cook until heated through and just tender. Drain before adding sauce.
4. While broccoli cooks, toast sesame seeds in a small saucepan over medium high heat; stir sesame seeds until light brown.
5. Remove from heat and cool slightly.
6. Carefully add oil, vinegar, soy sauce and sugar to sesame seeds. Heat to boiling.
7. Pour sauce over hot, drained broccoli, turning to coat.
8. Serve immediately. Refrigerate leftovers within 2 hours.

## Nutrition Facts

Serving Size 1/2 cup (115g)  
 Servings Per Container 5


Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	

**Protein** 4g  
 Vitamin A 15% • Vitamin C 150%  
 Calcium 6% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4



**Help your child learn to love a variety of foods.**  
 Here's how:

- Offer new fruits and vegetables often, served a variety of ways
- Give kids just a taste at first
- Be patient
- Let kids see you eating them so they will want them, too
- Reward kids with praise when they try a new food

*Message brought to you by the Nutrition Council of Oregon*

For more Recipes and Tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)

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