

Healthy Measures: Broccoli – The Powerful Green

Broccoli is well-known for its anti-oxidant and anti-cancer properties. This powerful green is rich in nutrients such as calcium, which helps prevent osteoporosis; vitamin C, which boosts your immunity; folate, which builds body cells and red blood cells; and dietary fibre, which promotes the feeling of fullness and reduces the bad (LDL) cholesterol in your blood.

Broccoli can be prepared in a variety of ways. As a side dish, you can blanch, sauté or stir fry broccoli with stems and florets chopped. Short cooking time not only brings out the best flavour and colour of the broccoli, it also minimizes the loss of anti-oxidants during cooking. You can also include broccoli in main course meals, such as pizza, lasagne, casseroles and noodles, or serve it up on veggie platters alongside other vegetables.

During the summer months broccoli is harvested locally. Having cold foods, such as salads, is a good way to cool off in the heat. Try adding some extra crunch to your summer salads by throwing in some broccoli.

Here is an *easy-to-make* broccoli recipe:

Tuna Broccoli Casserole

Preparation Time:	1 bunch	Broccoli, bite-size pieces
30 minutes	1/4 cup	Soft margarine or butter
	1/4 cup	Flour
Cooking Time:	1 cup	Stock
30 minutes	1 cup	Milk
	2 cans	Tuna, drained
Makes:	2 cups	Pasta, cooked
4 servings	1 tsp.	Dry parsley (optional)
	1/4 cup	Grated parmesan cheese
	1/4 cup	Dry bread crumbs
		Salt and pepper

● **Cooking Tip:** ●

Use low-fat cheese (less than 20% Milk Fat), low-fat milk (less than 2% Milk Fat) and whole grain pasta to make the recipe a healthier option.

Directions:

1. Preheat the oven to 350°F.
2. Steam the broccoli until slightly tender. Arrange in the bottom of a lightly greased medium baking dish.
3. Melt the butter or margarine over medium heat. As it melts blend in the flour. Let the mixture bubble 1 to 2 minutes. Stir in the stock and milk. Cook, stirring constantly, over medium heat until the sauce is smooth and thickened. Salt and pepper as needed. Remove from the heat and set aside.
4. Place the tuna into a large bowl and break the tuna apart with a fork. Add parsley (if using). Add the cooked pasta and mix. Pour this mixture into the sauce. Stir until mixed. Pour over the broccoli.
5. Mix together the parmesan cheese and break crumbs and sprinkle over the top.
6. Bake for 30 minutes or until bubbling.

For more information, visit: Foodland Ontario at www.foodland.gov.on.ca

If you have questions about nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!