



FOOD TIPS FOR MOMS & TOTS

A FOREST OF BROCCOLI

MOTHER -

The Italian word broccoli means "arm" or "branch." Like other cabbage-like vegetables, broccoli is thought to be native to the Mediterranean area and Asia Minor. Broccoli has been extensively used in the U.S. only in the last 25 years.

Broccoli is a very nutritious vegetable. Not only is it a very good source of vitamin A and C, but it also has some calcium, iron and riboflavin.

Broccoli is a tall cabbage plant with clusters of smaller flowers on top of a tall stalk. When buying broccoli look for: fresh, clean, compact bud clusters; firm and tender stems and branches. (Tough, woody stems and opened yellow buds show overmaturity.)

Ways to serve: buttered with salt and pepper; topped with different seasoned butters or grated cheese or a cream sauce or a Hollandaise sauce; season with nutmeg or oregano. If broccoli is overcooked, an undesirable, strong flavor develops.



YOU AND YOUR CHILD

When you have mashed potatoes with your broccoli, have your child "plant the little trees in the potatoes" before they eat them.



Explain to your child that broccoli is a tall plant and that the clusters on the top of the stalk are the flowers. Ask them what the color is -- is it green or red; what does it taste and smell like -- is it mild or strong.

Try this colorful recipe, it's packed full of vitamin A.

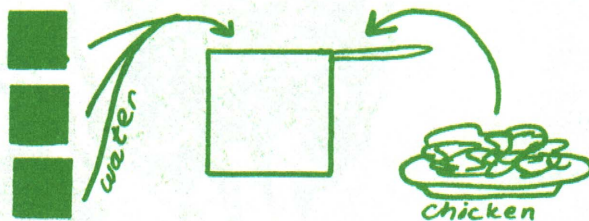
BRAISED BROCCOLI
(6 servings)

STEPS FOR:

MOTHER

CHILD

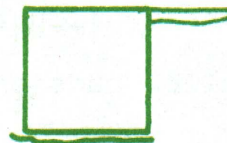
1. Prepare chicken stock:



Measure and add 3 cups water to a medium saucepan.

Add bones and skin from chicken; can also use necks and wings.

Bring to boil; then, lower heat and simmer 30-40 minutes



Alternatives: use chicken bouillon or canned chicken broth

2. Preheat over to 350°F
3. Trim off large leaves and cut off tough ends of lower stems of 2 pounds of broccoli



- 4.



Wash and drain broccoli.

5. Clean and chop 1/4 cup carrots



Measure 1/4 cup carrots




6. Chop 1/4 cup onion



Measure 1/4 cup onion



7. *onions*  *carrots*

Place the carrots and onion in the bottom of a baking dish

8.  *broccoli*

Add broccoli

9.  *chicken Stock*

Cover with well seasoned chicken stock (if desired cover with dried bread crumbs)

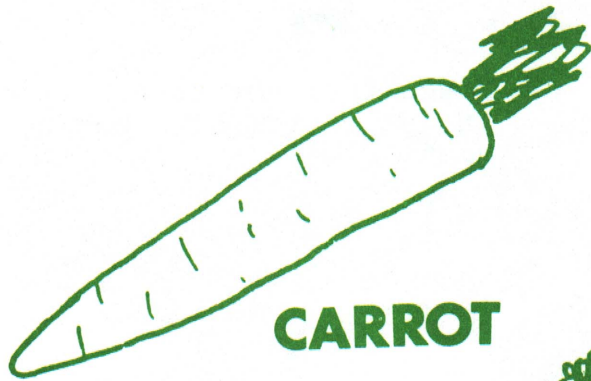
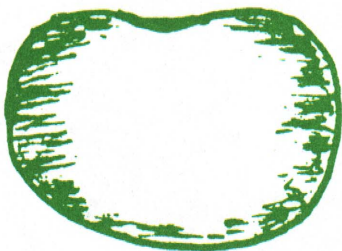
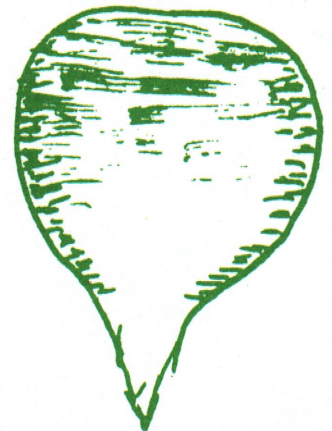
10. Bake the vegetables until they are tender (test with fork)-about 1 hour



11. Serve

YOUR CHILD

Name the foods, then have your child name them. Broccoli is a green vegetable. Help your child pick out the other green vegetables. Have your child color them. (Dark green vegetables are a good source of vitamin A.)

**CARROT****SPINACH****BROCCOLI****ESCAROLE****TOMATO****ASPARAGUS****RUTABAGA**