

## Recipes

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### Snack Tray

- 1 head or more of broccoli, trimmed, washed, and cut into pieces. Peel stalks and cut into bite-sized pieces.
- 1 head or more of cauliflower, trimmed, washed, and cut into pieces

Arrange vegetables on a tray in alternate rows of green and white. For color, add a row of red radishes, cherry tomatoes, or red pepper.

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### Light California Onion Dip

Blend in a blender and chill:

- ¼ cup buttermilk
- 1 cup low-fat cottage cheese
- 1 Tbsp dried onion flakes
- 1 tsp low-sodium instant beef bouillon

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### Light Dill Dip

Blend in a blender and chill:

- ⅔ cup light sour cream
- ⅓ cup light Miracle Whip\*
- ⅓ cup nonfat plain yogurt
- 1 Tbsp instant minced onion
- 1 Tbsp dried dill weed or 1 tsp fresh dill weed
- 1 tsp dried parsley
- ¼ tsp dry mustard

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### Quick and Easy Ranch Dip

Stir together until blended and chill:

- 1 package Hidden Valley Ranch Party Dressing\* dry mix
- 1 pint plain yogurt

\* no product endorsement intended.

## Food Safety Tips

- ✓ Keep dip chilled until ready to serve.
- ✓ Serve small portions of dip and replenish.
- ✓ Discard any that remains after sitting at room temperature.

For more information about reducing the risk of certain cancers, call your Penn State Cooperative Extension office and ask about the Eat Five lessons.

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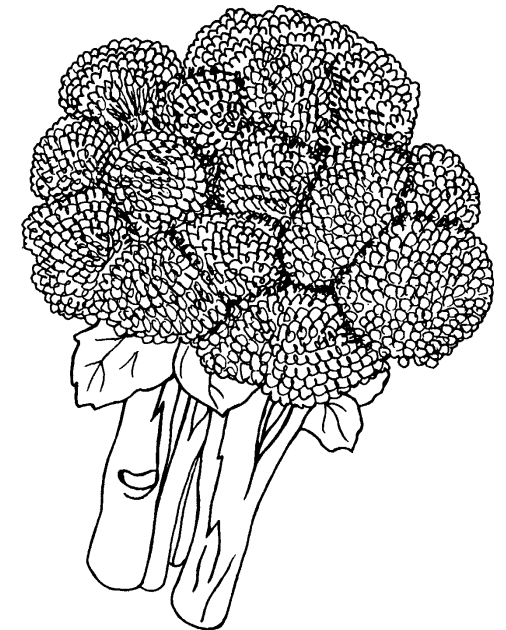
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Vegetable  
Variety

# Broccoli





It's good raw or cooked.  
Try these ideas.

**Raw**

- ✓ Add broccoli pieces to your salad.
- ✓ Use raw broccoli as an appetizer for holiday gatherings.

**Cooked**

- ✓ Try steamed broccoli with a touch of lemon juice and a dusting of Parmesan cheese.
- ✓ Steam it with diced cauliflower, carrots, and peppers. Serve in a pita pocket with low-fat mayonnaise and lemon juice.

**Try the recipes on the back of this brochure.**

**Broccoli** can help reduce your risk of cancer. People who eat at least 3 servings of vegetables a day are less likely to get some common cancers. Health professionals recommend working up to 5 servings of vegetables and 4 servings of fruit into your day.

**One half cup of cooked broccoli is one serving.**

Here's how you can work vegetables and fruits into your day.		Servings*
<b>Breakfast</b>	Mashed ripe bananas in pancakes .....	1
<b>Snack</b>	Fruit juice.....	1
<b>Lunch</b>	Sliced green peppers on sandwich, carrot sticks.....	2
<b>Dinner</b>	Raw <b>broccoli</b> and cauliflower with dip .....	2
<b>TOTAL</b>		<b>6</b>

\***One serving** is one medium-sized piece of fruit; ½ cup of chopped, cooked, or canned fruit; ¼ cup dried fruit; ¾ cup of juice; 1 cup of raw, leafy vegetable; or ½ cup of other vegetable, raw or cooked.

**Broccoli** can help reduce your risk of cancer because it contains

- ✓ beta carotene, used to form vitamin A.
- ✓ vitamin C, an antioxidant.
- ✓ fiber to prevent constipation.
- ✓ phytochemicals like isothiocyanates, indoles, and sulfides. They activate enzymes that eliminate cancer-causing chemicals.

**Selection**

Look for heads with tightly packed florets and crisp stems. Heads should be green or even purple. Avoid heads with yellow or gray areas.

**Storage**

Store in plastic bag in the refrigerator crisper so it won't dry out. Use within 3 to 5 days.

