



BROCCOLI

IN SEASON

April - June & November - December

HOW TO SELECT

Look for broccoli with bright-green heads & firm, strong stems & stalks.

HOW TO STORE

Refrigerate broccoli wrapped in a damp paper towel in a well-ventilated area up to 1 week. Avoid washing until ready to eat.

HELPFUL TIP

Try blanching & freezing clean fresh broccoli for later use.

ASIAN BEEF & BROCCOLI WRAPS

BROCCOLI



Nutrition Facts

Serving size: 1/6th recipe (198g)
Servings Per Recipe 6

Amount Per Serving

Calories 370 Calories from Fat 140

% Daily Value

Total Fat 15g	25%
Saturated Fat 5g	25%
Trans Fats 0g	
Cholesterol 50mg	15%
Sodium 590mg	25%
Total Carbohydrate 39g	15%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 22g	
Vitamin A 4%	Vitamin C 35%
Calcium 20%	Iron 25%

20 MIN | SERVES 6

INGREDIENTS:

- 1 lb 90/10 lean ground beef
- 1 small onion, finely chopped
- 1/2 tsp black pepper
- 2 cups coleslaw veggie mix
- 1 cup chopped **BROCCOLI** florets
- 2 Tbsp hoisin sauce
- 6 (10-inch) whole-wheat tortillas, warmed

PREPARATION:

1. Heat a large skillet over medium-high. Add beef, onions & pepper. Cook 8-10 minutes, crumbling meat, stirring occasionally.
2. Stir in coleslaw mix, broccoli & hoisin sauce. Cook 3 minutes, or until heated through.
3. Remove from heat & evenly spread over 6 tortillas.
4. Fold right, left & bottom edges of tortilla over filling, then roll up tightly. Place seam down on a plate, cut in half & serve.