



BROCCOLI

IN SEASON

April - June & November - December

HOW TO SELECT

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

HOW TO STORE

Store broccoli in the fridge up to 1 week.

HELPFUL TIP

Try blanching & freezing clean fresh broccoli for later use.

MARKET FRESH PASTA SALAD

BROCCOLI



Nutrition Facts

Serving size: 1/8* recipe (162g)
Servings Per Recipe 8



Amount Per Serving

Calories 120 **Calories from Fat 35**

% Daily Value

Total Fat 3.5g 6%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 110mg 4%

Total Carbohydrate 20g 8%

Dietary Fiber 3g 15%

Sugars 3g

Protein 4g

Vitamin A 20% **Vitamin C** 190%

Calcium 4% **Iron** 20%

20 MIN | SERVES 8

INGREDIENTS:

- 1 1/2 cups dry whole-wheat pasta
- 2 bell peppers, diced (any color)
- 1 cucumber, thinly sliced
- 4 cups chopped **BROCCOLI** florets
- 1/2 cup olive oil mayonnaise
- 1 Tbsp minced fresh basil
- 1 Tbsp minced fresh oregano
- 1 lemon, juiced

PREPARATION:

1. Prepare pasta according to package directions.
2. In a large bowl add drained pasta, peppers, cucumber & broccoli. Mix well.
3. In a small bowl combine mayonnaise, herbs & lemon juice.
4. Drizzle lemon juice mixture over vegetables & pasta. Toss to combine.
5. Serve immediately or refrigerate 1-2 hours to enhance flavors.