

Pick a **better snack**<sup>TM</sup> (how easy is that?)

**Wash. Cut.  
Eat.**



**Tangy Broccoli Salad**

- 1 cup low fat or fat free mayonnaise or salad dressing
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 bunch broccoli, cut into florets (about. 6 cups)
- 4 cups spinach, loosely packed
- 2 strips bacon, cooked crisp and crumbled
- ½ cup red onion, cut into strips
- ¼ cup raisins or dried cranberries

Mix dressing, sugar and vinegar in large bowl. Add remaining ingredients; mix lightly. Refrigerate.

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**BROCCOLI****Wash. Eat. How easy is that?**

- Cut up broccoli and make flower “bunches” in a bed of cottage cheese.
- Make broccoli “trees” by cutting up cheddar cheese chunks and putting a broccoli floret in the middle of the cheese chunk.
- Make a vegetable pizza by covering a piece of opened pita bread with fat-free ranch dip and topping with broccoli pieces, cauliflower, tomatoes, and carrots

**Buying tips:** Choose tight, firm clusters of broccoli.

**Special tips:** Wash broccoli cluster well with cold water.

**Storing tips:** Store clusters in refrigerator in a plastic bag or container and use within 2-4 days.

**Serving size:** ½ cup chopped broccoli

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**Message from Iowa Nutrition Network and USDA’s Food Stamp Program**

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