

Available Now...

Broccoli

Fun Fact!

Once known as Italian asparagus, broccoli is related to both cabbage and cauliflower.



Tips & Nutrition

Good quality broccoli should have fresh-looking, light green stalks of consistent thickness. Bud clusters should be compact and dark green with some purple tinge. Broccoli is low in fat and sodium, high in vitamin C and folate, and a good source of fiber and potassium.

Fresh Inspirations...



Broccoli Mac and Cheese

Ingredients

1 Gallon Water	1-1/2 Cups 2% Milk
1 Tbsp. Salt	2 Cups Broccoli, cut into small florets
2 Lbs. Elbow Macaroni	3/4 Cup Plain Greek Yogurt
1/2 Cup Butter	1 Tsp. Worcestershire Sauce
1/2 Cup All Purpose Flour	1/4 Cup Parmesan Cheese, grated
1 Tbsp. Salt	1-1/2 Cups Cheddar Cheese, shredded
1 Tsp. Dry Mustard	
1/2 Tsp. Black Ground Pepper	1/4 Cup Bread Crumbs
1/2 Tsp. Paprika	1/2 Cup Cheddar Cheese, shredded

Directions

Add salt to water and bring to a boil. Add macaroni to water and stir to separate pasta. Return to a boil and cook macaroni until tender-firm, about 10 minutes, then drain and rinse in cold water. Melt butter in a stock pot. Combine flour, salt, dry mustard, pepper and paprika in a bowl. Add to the melted butter and cook for 2 minutes over medium heat, stirring continuously. Do not brown. Heat milk in a separate stock pot and bring to a simmer. Slowly add the heated milk to the flour butter mixture, whisking constantly. Cook over low heat until smooth and thickened, about 15 minutes. Add broccoli florets and cook for 2-3 minutes. Add Worcestershire sauce, parmesan cheese and cheddar cheese. Stir over low heat until cheese is melted then remove from heat. Add yogurt to the sauce and stir to incorporate. Combine well-drained macaroni with sauce and mix well. Place mixture in a baking pan and cover with a lid or foil. Bake at 350° F for 30 minutes. Combine bread crumbs and cheddar cheese in a bowl then sprinkle on top of macaroni. Bake an additional 5 minutes, uncovered, until lightly browned.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

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Next Month... **Colorado Celery**