

Broccoli Brunch Casserole

Nonstick cooking spray	1 1/2 cups shredded, part skim mozzarella cheese, divided	1 teaspoon ground black pepper
8 ounces ground turkey sausage	8 eggs	1/2 teaspoon salt
3 1/2 cups broccoli florets, chopped	1 cup part skim ricotta cheese	1 Roma (Plum) tomato, thinly sliced
	1/4 cup skim milk	

Preheat oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

Yield: 8 slices

Nutritional Analysis:

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.



Kentucky Broccoli

SEASON: May through early July, October through mid-November.

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds.

STORAGE: Store broccoli, unwashed no more than three to five days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water. Drain.

To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5 to 7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

KENTUCKY BROCCOLI

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: FruitsAndVeggies.org

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