Broccoli Chowder

2 tablespoons canola oil
½ cup chopped onion
3 cloves garlic, finely minced
½ cup chopped carrots
2 cups diced, unpeeled red potatoes

3 cups broccoli florets
3 ½ tablespoons all-purpose flour

½ teaspoon dried Italian seasoning
½ teaspoon salt
¼ teaspoon pepper

3 ½ cups low sodium chicken broth
1 ½ cups half-and-half
1 ½ cups low-fat, shredded cheese

In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and toss until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15 minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve.

Yield: 8 1-cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

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. One and one-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 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 6-8 minutes. Rinse with cold water. Drain.

To Boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 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 3-4 minutes or until crisp-tender.

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
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KENTUCKY BROCCOLI
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