



Broccoli Salad with Creamy Feta Dressing

½ cup reduced –fat feta cheese, crumbled	2 cloves garlic, minced	1 can (7 ounces) chick peas, drained and rinsed
½ cup non-fat plain yogurt	½ teaspoon black pepper	½ cup red bell pepper, chopped
1 tablespoon lemon juice	3 cups broccoli, chopped	½ cup red onion, chopped

Mix feta, yogurt, lemon juice, garlic and pepper in a medium bowl.

Add broccoli, chickpeas, red pepper and onion.

Toss to coat.

Serve at room temperature or chilled.

Yield: 5, 1 cup servings.

Nutritional Analysis: 100 calories, 3 g fat, 7 g protein, 13 g carbohydrate, 5 mg cholesterol, 260 mg sodium.

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-a-half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer 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 to 8 minutes. Rinse with cold water

Source: www.fruitsandveggiesmatter.gov

and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

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

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Kentucky Proud Project

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