

# H. Easy Cauliflower and Broccoli



**Prep time:** 15 minutes  
**Cook time:** 10 minutes  
**Serves:** 8  
**Serving size:** 1/2 cup

**Utensils needed**  
 Knife  
 Cutting board  
 Large skillet with lid  
 Measuring cup  
 Measuring spoon

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 9g	
Vitamin A 20%	• Vitamin C 80%
Calcium 35%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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## Ingredients

- 4 cups of cut cauliflower florets
- 4 cups of cut broccoli florets
- 1/2 cup of water
- 4 ounces of fat-free cream cheese, cubed
- 1/2 cup of plain low-fat yogurt
- 1/4 cup of skim or 1 percent milk
- 1 1/2 cups of shredded, reduced-fat, sharp cheddar cheese
- 10 crackers, crushed (about 1/3 cup)
- 3 tablespoons of grated Parmesan cheese

## Directions

1. Wash your hands and clean your cooking area.
2. Rinse the broccoli and cauliflower. Cut the florets into small "bite-size" pieces.
3. Place the vegetables and 1/2 cup of water in a large skillet. Cover the skillet with a lid and allow the vegetables to steam over high heat for 3 minutes or until they are tender.
4. Add milk to the skillet. Reduce the heat to low.
5. Cut the cream cheese into cubes and add them to the skillet. Allow the cream cheese to melt. Stir it occasionally.
6. Add the yogurt to the skillet. Stir to coat it.
7. Sprinkle the shredded cheddar cheese over the vegetables and allow it to melt.
8. Mix the cracker crumbs and Parmesan cheese; sprinkle the mixture over the vegetables.

### Kitchen math and Science

1. What parts of the cauliflower and broccoli are edible (Circle two)?  
 Roots    Stems    Leaves    Flower    Fruit    Seeds
2. Look at the nutrition label for this recipe. If you eat one serving (1/2 cup), how many calories will you have eaten? \_\_\_\_\_
3. How many calories would be in 2 servings? \_\_\_\_\_
4. What is the first step in this recipe? \_\_\_\_\_  
 \_\_\_\_\_
5. Which is more: 3 tablespoons or 1/2 cup? \_\_\_\_\_



**How the children can help:** Wash the produce, measure the ingredients, crush the crackers, mix the crushed crackers with the Parmesan, and sprinkle the cracker mixture over the vegetables