

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

Calories 110 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 290mg **12%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 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

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? _____

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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