

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	

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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