

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Broccoli

Broccoli is in season during the fall and is a versatile vegetable that can be featured in a variety of entrees. Frozen broccoli is easy to add to soups, casseroles, egg dishes and more!

Examples:



Cream of
Broccoli Soup



Broccoli Mac
and Cheese



Broccoli and
Corn Bake



Broccoli
Bread Bake



Broccoli Quiche

Source: USDA Always in Season:
Frozen Broccoli 5 Ways



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Tip!

Consider using frozen broccoli (#110473 Broccoli, No Salt Added Frozen) from USDA Foods, or fresh broccoli crowns and florets through DoD Fresh.