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Peppers & Broccoli

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Nutrients

Vitamin A: benefits vision health

Vitamin C: benefits skin and gum health and supports the immune system

Vitamin K: important for blood clotting & bone health



Try one pot/bowl meals to incorporate sautéed broccoli, a protein, and a starch.



Happy National Nutrition Month!

March is also Peppers and Broccoli Month!

Peppers and Broccoli are both great sources of vitamin C, and good choices for foods to add to plant-based iron-rich foods. Adding Vitamin C helps plant-based iron to be absorbed.



Try making homemade pizzas and adding peppers or broccoli to them!



Stir-Fry

Grilled Peppers, broccoli and Onions are always great choices of vegetables to add to **stir-fry**. Remember, you can do stir-fry with noodles as well!



Stuffed Peppers

You can add diced onions, sauce, and/or cheese to meat for the pepper filling.



Your marinades for chicken or fish can also be great sauces for your broccoli side dish.

Try a lemon garlic sauce or a chili lime sauce.

Lemon juice + olive oil + minced garlic + salt + pepper OR

Soy sauce + brown sugar + garlic + ginger OR

Sweet chili sauce + lime juice + olive oil + salt + pepper

Source: <https://thegirlonbloor.com/baked-salmon-recipe-5-marinades/>



Snacks

Try slices of peppers with hummus or other dips

You can also roast peppers and fill them with cream cheese.

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