

# Did you know?

- Broccolini is a green vegetable similar to broccoli but with smaller florets and longer, thin stalks.
- While it might look like it, broccolini is not baby broccoli; it's a cross between broccoli and Chinese broccoli.
- Broccolini can be eaten raw but is best when cooked. It can be sautéed, steamed, roasted, and grilled.
- Although it tastes very similar to broccoli and can be prepared in the same way, broccolini is usually a bit sweeter and the stalks are more tender.



## Parents,

This month in the cafeteria we are sampling broccolini. Have a hard time adding vegetables to each meal? Try getting ahead of the game by cutting up bell peppers, carrots, broccolini, cauliflower etc, one day each week and package them to use later when time is limited. Add the fresh vegetables to a salad, casserole, eggs, stir-fry, or as a snack with some hummus. If they are washed, chopped and ready to use you will be amazed how easy it can be to add vegetables to many dishes.

## RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

## RECIPE

### Roasted Broccolini with Lemon and Parmesan

- #### Ingredients
- 1 lemon
  - 3 garlic cloves, smashed
  - 2 bunches broccolini, ends trimmed (or 1 pound broccoli)
  - 2 tablespoons olive oil
  - Salt and pepper
  - ½ cup finely grated Parmesan

#### Directions

1. Heat oven to 425 degrees. Thinly slice half the lemon into rounds and set the other half aside. Toss lemon slices, garlic and broccolini with the olive oil on a rimmed baking sheet. Season with salt pepper, making sure everything is evenly coated, especially the broccolini tips so they get crisp.
2. Sprinkle with Parmesan and roast until the broccolini is bright green, starting to char and the cheese is golden brown, 10 to 15 minutes.
3. Remove from the oven, squeeze the remaining half of the lemon over the top and serve.