

Broccoli Corn Bake 6 servings

- 1 (10 oz.) pkg. frozen chopped broccoli, thawed
- 1 (15 oz.) can cream-style corn
- ½ c. cracker crumbs, divided
- 1 egg, beaten
- 1 tsp. dried minced onion or 1 T. onion, minced
- ½ tsp. salt
- Dash of pepper (optional)
- ½ c. non-fat dry milk
- 2 T. margarine

1. Preheat oven to 350°F.
2. In a 1½-quart casserole dish, combine broccoli, cream-style corn, ¼ c. cracker crumbs, egg, onion, salt, pepper, and dry milk.
3. Cover the top with remaining ¼ c. cracker crumbs.
4. Thinly slice margarine over the crumbs.
5. Bake uncovered for 45 minutes.

Nutrition Information per Serving: Calories 150, Total Fat 6 g (10% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 40 mg (14% DV), Sodium 550 mg (23% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 3 g (11% DV), Sugars 5 g, Protein 5 g, Vitamin A 15%, Vitamin C 45%, Calcium 6%, Iron 6%.

Only 1 in 10 adults in the United States are eating the recommended amount of fruits and vegetables each day. (Source: CDC)

In an effort to improve this number, the Community Nutrition Partnership Council (CNPC) is promoting the *Pick a Better Snack* campaign to increase fruit and vegetable consumption in Nebraska. This campaign was originally developed by Iowa, but was adapted by CNPC to meet our needs in Nebraska. CNPC is comprised of nutrition professionals throughout the state of Nebraska that are interested in improving the health of Nebraskans with limited resources. With your help we hope to reach more people with our message and increase the amount of fruits and vegetables Nebraskans consume.



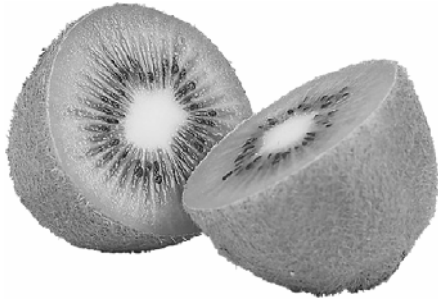
Source:
<http://www.fruitsandveggiesmatter.gov>

THE GREEN GROUP

Eating a wide variety of fruits and vegetables from the **GREEN** group may help keep your eyes healthy and maintain strong bones and teeth. They also may lower the risk of some cancers!



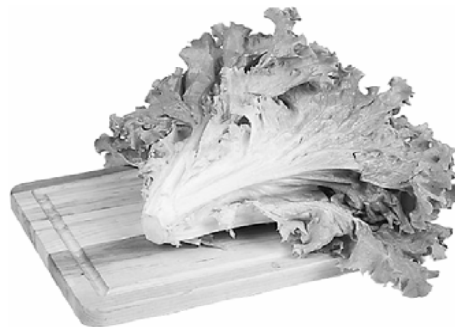
GREEN Fruits



- Avocados
- Green Apples
- Green Grapes
- Green Pears
- Honeydew
- Kiwifruit
- Limes

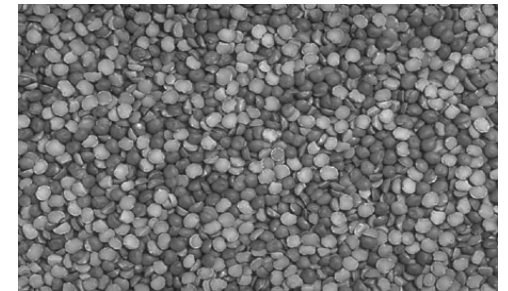
GREEN Vegetables

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Brussels Sprouts
- Celery
- Cucumbers
- Green Beans
- Green/Chinese Cabbage
- Green Peppers
- Leafy Greens
- Leeks



GREEN Vegetables

- Lettuce
- Okra
- Peas
- Spinach
- Zucchini



GREEN Beans & Peas

- Edamame (young soybeans)
- Green Lentils
- Green Split Peas
- Lima Beans