

Announcing Hampden-Wilbraham Regional School District's School Lunch Recipe Taste Testing Series!



Featured Recipe:

Broccoli Salad

By Ashley Kratovil, UMass Dietetic Intern

Dear Families,

Welcome back to the School Lunch Recipe Taste Testing Series. Starting in January 2018, your school's District Wellness Committees will present a series of monthly recipes that align with the USDA meal pattern to introduce new recipes into school meals. This effort is intended to broaden student experiences with a variety of flavorful foods. The recipes will highlight various nutrient dense foods that promote good health like orange/red vegetables, dark leafy greens, whole-grains and beans/legumes. Featured recipes will be sent home every month for you to see what your child sampled and for you to enjoy as well!

This month's recipe features fresh broccoli made with a creamy dressing and raisins. This crunchy side dish provides so many reasons to love broccoli and its health benefits. Broccoli is an excellent source of vitamin K. This nutrient helps with blood clotting and is integral for building strong bones¹. Broccoli is loaded with vitamin C, an antioxidant that protects your body from damage and may help lower the risk of certain diseases. Vitamin C is also important for your skin and bones and helps the body absorb iron². In addition to vitamins, broccoli is a good source of dietary fiber providing 2 grams in one cup. Dietary fiber can promote gut health and has been found to lower body weight³. Try this delicious and easy recipe at home!

Broccoli Salad

2.5 cups chopped fresh broccoli
1 tbsp chopped red onion
4 tbsp low fat mayo
2 tbsp cider vinegar
2 tbsp granulated sugar
1/4 cup dried cranberries or raisins

Trim broccoli and cut into bite-sized pieces. Trim and peel onion, cut into small diced pieces. Whisk mayo, vinegar and sugar into a larger bowl. Stir in broccoli, onion and cranberries or raisins. Serve and enjoy!

Yield: 5, ½ cup servings • Cooking time: 15 min

Per serving: Calories: 152 • Total fat: 2 g • Sodium: 20 mg • Carbohydrate: 10g

¹ "Vitamin K." University of Maryland Medical Center, www.umm.edu/health/medical/altmed/supplement/vitamin-k

² Moore, Marisa. "How Vitamin C Supports a Healthy Immune System." www.eatright.org, Eat Right, 21 Dec. 2016,

³ Slavin, Joanne. "Fiber and Prebiotics: Mechanisms and Health Benefits." *Nutrients* 5.4 (2013): 1417–1435. *PMC*. Web. 6 Dec. 2017.