

Recipe of the Month

Broccoli Cheddar Soup

Ingredients

- 4 tablespoons butter (½ stick)
- ½ medium onion chopped
- 2-3 cloves garlic minced
- 4 tablespoon AP flour
- 2 cups low sodium chicken or vegetable stock
- 1 tsp kosher salt
- ½ tsp black pepper
- ¼ tsp paprika or ground nutmeg, optional
- 3 cups broccoli florets or 1 large head, cut into small pieces
- 1 large carrot grated, julienned or finely chopped
- 2 cups half & half or milk or light or heavy cream
- 8 oz block grated cheddar cheese or 2 cups (mild, medium, or sharp)



Instructions

Melt butter in a large dutch oven or pot over medium-high heat. Add the onion and cook 3-4 minutes or until softened and light gold. Add the garlic and sauté for another minute. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color. Pour in the chicken stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through. Stir in half & half and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed. Serve with toasted crusty bread or in a bread bowl if desired.

<https://gimmedelicious.com/broccoli-cheddar-soup/>

Food Focus

Broccoli

Broccoli ranks in the top 20 nutrient dense foods. It is a great source of Vitamin C (for our immune system), A (for our eyes and skin), and K (for our blood), fiber, folate, and potassium. One cup of broccoli has more Vitamin C than an orange! Italian immigrants first introduced broccoli to the United States in the 1800's. California produces over 90% of the United States Broccoli crop. Broccoli heads are made up of little buds that are ready to flower. Broccoli sprouts are full of potent anti cancer compounds which can only come from eating the plants, chewing starts the chemical reaction!



Nutrition Tips

Family Exercise

Exercising in the winter can be challenging when it is too cold to go outside, especially with ice and snow on the ground jogging and cycling can be difficult and unsafe. Don't let the cold months of winter be an excuse to cut back on your exercise routine. Consider these indoor activities:

- Walk your local mall.
- Take the stairs whenever possible instead of an elevator.
- Walk around your building's hallways during your lunch or coffee break.
- Don't wait for spring for a thorough house cleaning, wash the inside of your windows, shampoo the carpets, clean out your closets.
- Watch and follow an exercise video.
- Exercise indoors at the nearby gym.

Cold weather does not mean you have to say good-bye to all outdoor activity. Why should all kids have the fun in winter?



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- Have a snowball fight.
- Go ice skating.
- Go sledding
- Make snow angels.

<https://www.eatright.org/fitness/physical-activity/workout-ideas/family-exercise-ideas-for-every-season>

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