



Recipe #405 Diabetic Friendly Broccoli

Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
3-1/4 lbs.	6-1/2 lbs.	12-1/2 lbs.	Broccoli Cut, Frozen
2 Tbsp.	¼ cup	½ cup	Lemon Juice
½ tsp.	1 tsp.	2 tsp.	Onion Powder
½ tsp.	1 tsp.	2 tsp.	Salt
2-1/2 Tbsp.	1/3 cup	2/3 cup	Margarine, Melted

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Instructions:

- 1. Cook broccoli in boiling water for 7 to 10 minutes per each 10 lbs. of vegetables. Drain well.***
- 2. Sprinkle vegetables with onion powder and salt.***
- 3. Mix lemon juice and melted margarine and drizzle over broccoli just prior to serving.***

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
PO Box 5115 Santa Fe NM 87502
505-827-7313