



Power Up With Vitamin C

Broccoli + Cheddar Tots

Ingredients

- 1 large head broccoli
- ½ cup panko breadcrumbs
- ½ cup fresh chives, chopped
- ¾ cup shredded sharp cheddar cheese
- 1 clove garlic, minced
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper
- 1 egg

Preparation

1. Preheat oven to 400°F (200°C).
2. Grate the broccoli with a coarse cheese grater.
3. Transfer the grated bits to a medium bowl and season with a ¼ teaspoon of the salt. Mix the broccoli until well incorporated.
4. Let the broccoli sit for 20 minutes until the salt has drawn out some of the moisture.
5. Pour the broccoli into a clean kitchen towel and twist to strain as much liquid as you can.
6. Place the grated broccoli back into a bowl and mix with the breadcrumbs, chives, cheddar, garlic, remaining ¼ teaspoon of salt, pepper, and egg, and mix until well combined.
7. Form the mixture into 15 even sized tots and transfer to a parchment lined baking sheet.
8. Bake for 20-24 minutes, flipping each halfway through.
9. Serve with your choice of dipping sauce.

Recipe: <https://tasty.co/recipe/healthy-broccoli-cheddar-tots>



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Vitamin C, also known as ascorbic acid, is an important nutrient for children and plays a critical role in their growth and development. Its role in the body is to help the body form and maintain connective tissue, including bones, blood vessels, skin, and enhances the absorption of iron. Vitamin C is a water-soluble vitamin and powerful antioxidant that is commonly found in fruits and vegetables.

Good sources of vitamin C are citrus fruit, strawberries, kiwi, tomatoes, and green vegetables like broccoli.

Recommended Daily amounts:

- Children 1-3 years 15 mg
- Children 4-8 years 25 mg

How to incorporate more vitamin C in your child's meals:

- For breakfast, you can add fruits like strawberries, kiwi, cantaloupe, mango, orange, pink grapefruit, or banana to your child's cereal in the morning.
- As a snack, your child can dip strawberries and bananas in a nut butter, such as peanut, almond, or sunflower butter to incorporate more food groups. Your child may pair any of the above fruits with cottage cheese or your child may pair broccoli with hummus.
- For lunch and dinner meals, select vegetables like bell peppers, broccoli, tomatoes, spinach, kale, or potatoes as a side dish or include in a salad or sandwich.

A Few Fun Facts:

1. We need to consume foods with vitamin C because humans are unable to make vitamin C on their own. Two other mammals that can't make vitamin C in their bodies are guinea pigs and fruit bats.
2. Vitamin C is generally safe to consume in large quantities from dietary sources. However, large doses in supplement form may cause diarrhea, which is one of the most common side effects.
3. Evidence is lacking in regard to the role of vitamin C in preventing colds. However, vitamin C may reduce the duration of them.