



HEALTHY WAYS TO EAT Broccoli WHEN PREGNANT



Add steamed or chopped broccoli to a fresh salad for a nutritional boost

Stir-fry broccoli with other vegetables, herbs, and garlic in olive oil to prepare a simple dish.



Add broccoli florets to soups for added flavor and nutrition.

Include chopped and steamed broccoli as a topping for pizza or pasta.



Prepare dips from broccoli and use them as spreads on bread.

Sauté broccoli, baby corn, and carrots and bake them for a tasty and nutritious dish.

