

## *Cheesy Broccoli & White Bean Soup*

# *Virtual Cooking Demo Cheat Sheet*

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This Cheat Sheet will help you be organized during your cooking demo. It contains prep notes and talking points to go along with the recipe and equipment list. You can use this as a template for your own demos - replace the prep notes, talking points, and recipe with what makes sense for your session.

## *Prep Notes*

- Get onion and garlic cooking right away
- Show participants how to shred a carrot on a box grater
- Show how to zest a lemon on a microplane and with a sharp knife

## *Talking Points*

- Remind the group to use the hashtag: #HaveAPlantWithDairy
- Each serving of this soup has over 20% DV for calcium.
- Plants + Dairy are a Dynamic Duo. Dairy fits right in with a plant-based diet, and dairy products like the milk and cheese in this recipe are a key component of several healthy eating patterns (as highlighted in the DGAs), including Mediterranean and vegetarian patterns.
- Two plants in this recipe - broccoli and beans - and two dairy foods: milk and cheese (and yogurt if you decide to use it as a topping).
- Dairy foods (i.e., milk, cheese and yogurt) are associated with bone health, especially among children and adolescents, as well as linked to reduced risk of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults.
- Most Americans lack potassium, fiber, calcium, and vitamin D in their diets, which can be cause for concern. Dairy foods provide three of these and when paired with plants can make up the fourth! Bringing together the best nutrition, without sacrificing favorite foods.
- Nutrients in dairy: Protein, calcium, vitamins A, D, B12, potassium.
- You can use fresh or frozen broccoli. (So convenient w/ frozen.)
- Draining and rinsing canned beans washes away 40% sodium
- If you prefer a fully pureed soup, blend all of the soup, but work in batches. If you don't want to puree the soup, then don't! For more of a flavor kick, add a pinch or two of cayenne pepper.
- Set out a build-your-own topping bar. Fun for kids!