

broccoli & cheese



National Heart, Lung,
and Blood Institute

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Ingredients

6 cups fresh broccoli, rinsed and cut into bite-sized florets (or substitute 6 cups frozen broccoli, thawed and warmed, and skip step 1)

For sauce:

1 cup fat-free evaporated milk

1 tablespoon cornstarch

$\frac{1}{2}$ cup shredded cheddar cheese

$\frac{1}{4}$ teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon hot sauce

1 slice whole-wheat bread, toasted and diced (for croutons)

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1. Bring a large pot of water to boil over high heat. Add fresh broccoli, and cook until easily pierced by a fork, about 7–10 minutes. Drain and set aside.
2. In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often.
3. When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed.
4. Add the Worcestershire and hot sauces, and stir.
5. Pour cheese over hot broccoli.
6. Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.

Yield 4 servings, **Serving Size** $1\frac{1}{2}$ cup broccoli, $\frac{1}{4}$ cup sauce, 1 tablespoon croutons, **Calories** 162, **Total Fat** 5 g, **Saturated Fat** 3 g, **Cholesterol** 15 mg, **Sodium** 239 mg, **Total Fiber** 4 g, **Protein** 11 g, **Carbohydrates** 19 g, **Potassium** 601 mg