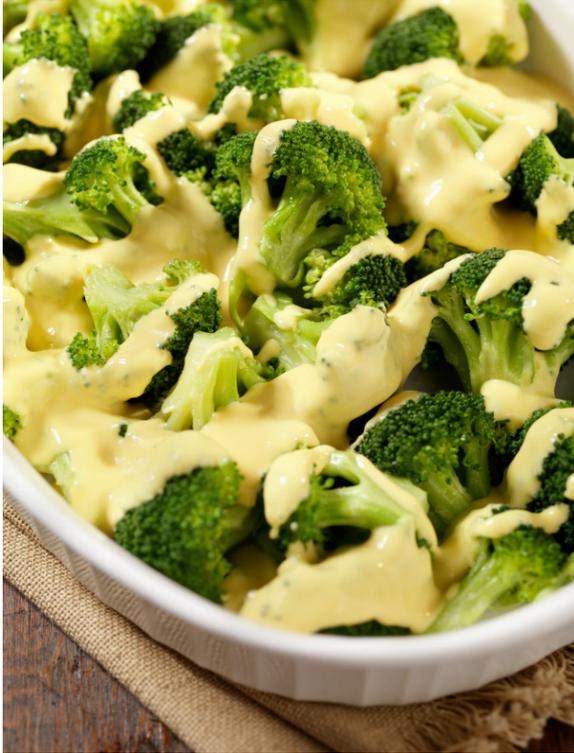


## Broccoli & Cheese, Please!

So good, your children will ask for more! Plus, it's a great side dish for most chicken and beef dishes.



**Preparation Time:** 30 minutes

- 6 cups fresh broccoli, rinsed and cut into bite-sizes florets

### Sauce:

- 1 cup evaporated milk, fat-free
- 1 Tbsp cornstarch
- ½ cup cheddar cheese, shredded, low-fat
- ¼ tsp Worcestershire sauce
- ¼ tsp hot sauce
- 1 slice whole wheat bread, toasted (for croutons)

Bring a large pot of water to boil over medium-high heat. Add fresh broccoli and cook until easily pierced by a fork (approximately 7-10 minutes). Drain and set aside. In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often. 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. Add the sauces and stir. Pour cheese over hot broccoli. Sprinkle whole wheat croutons over broccoli and cheese mixture. Serve.

# Nutritional Information

Serves 4

## **Nutrition Information per Serving:**

Calories: 130

Total Fat: 1.5g

Saturated Fat: 1g

% of Calories from Fat: 10%

% Calories from Sat Fat: 7% Protein: 12g

Carbohydrates: 18g

Cholesterol: 5mg

Dietary Fiber: 4g

Sodium: 240mg

Courtesy of: Fruits and Veggies More Matters