

Broccoli Cheddar

Ingredients

- 4 cups chopped fresh broccoli
- ½ cup finely chopped onion
- 2 tablespoons water
- 1 ½ cups egg substitute
- 1 cup fat free milk
- 1 cup shredded cheddar cheese
- ½ teaspoon ground black pepper

Makes about 6

Sodium content: 228mg Na per serving

Dietician suggests: Use low-fat, low-sodium shredded cheddar cheese

Directions

1. Preheat oven to 350 degrees. Lightly coat a baking dish with cooking spray
2. In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.
3. In a bowl, combine the egg substitute, milk, and ¾ cup cheese. Add in the broccoli mixture and pepper. Stir to mix well
4. Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining ¼ cup shredded cheese. Let stand about 10 minutes before serving

"This recipe comes from the Mayo Clinic recipe section on their site. I've used it twice before, and so far, it's the best "healthy" meal I've ever had! I love broccoli, and while I also love cheese, I have a tendency to use too much when I don't measure it out. Using only one cup of cheese still tastes great, and it's much better for you than indulging."

-Carolyn, Manahawkin



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