Michele Sodon

BROCCOLI AND CHEESE

SO GOOD, YOUR CHILDREN WILL ASK FOR SECONDS—AND A PERFECT SIDE FOR MOST CHICKEN AND BEEF DISHES

NUTRITION PER SERVING:

CALORIES	162
PROTEIN	11 G
CARBOHYDRATE	19 G
TOTAL FAT	5 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1½ C BROCCOLI, ¼ C SAUCE, 1 TBSP CROUTONS

6C	FRESH BROCCOLI, RINSED AND CUT INTO BITE-SIZED FLORETS (OR SUBSTITUTE 6 C FROZEN BROCCOLI, THAWED AND WARMED, AND SKIP STEP 1)

FOR SAUCE:

1 C	FAT-FREE EVAPORATED MILK
1 TBSP	CORNSTARCH
½ C	SHREDDED CHEDDAR CHEESE
¼ TSP	WORCESTERSHIRE SAUCE
¼ TSP	HOT SAUCE
1 SLICE	WHOLE-WHEAT BREAD, DICED AND TOASTED (FOR CROUTONS)*

01 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.

02 In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often.

03 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.

04 Add the Worcestershire and hot sauces, and stir.

05 Pour cheese over hot broccoli.

06 Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.

✔ Children can help measure ingredients and mix the sauce.

Copyright 2020, AIR, Inc. All rights reserved.