

Fitness Aspects

For the Body & Mind



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

6 C 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)*

BROCCOLI AND CHEESE

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

- 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.