



Broccoli Cheddar Bake

Serves 6

Well-cooked broccoli should look bright green and crisp but be tender when pierced with a fork. Because the florets cook faster than the stalks, cut the stalks in half lengthwise to increase their surface area. This ensures more even cooking.

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

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5-8 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.

In a bowl, combine the egg substitute, milk and ¾ cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

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.

Nutritional Analysis

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| Calories | 168 |
| Fat | 9g |
| Saturated Fat | 4g |
| Monounsaturated Fat | 2g |
| Cholesterol | 21mg |
| Sodium | 266mg |
| Calcium | 237mg |
| Carbohydrates | 8g |
| Fiber | 2g |
| Protein | 15g |
| Potassium | 472mg |

Diabetic Exchanges:

2 meat and meat substitutes, 2 vegetable