

## **Broccoli cheddar bake**

**Tip:** 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.

SERVES 6

### **Ingredients**

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

### **Directions**

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

In a nonstick skillet, combine the broccoli, onion and water. Saute 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.

In a bowl, combine the egg substitute, milk and 3/4 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 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

## Nutritional Analysis

(per serving)

Calories	168	Cholesterol	21 mg
Protein	15 g	Sodium	266 mg
Carbohydrate	8 g	Fiber	2 g
Total fat	9 g	Potassium	472 mg
Saturated fat	4 g	Calcium	237 mg
Monounsaturated fat	2 g		

## DIABETES MEAL PLAN EXCHANGES

Nonstarchy vegetables	2
Meat and meat substitutes	2