

Broccoli with Cheddar Cheese Sauce

Side Dish

Serves 6

Prep time: 10 minutes

Cook time: 15 minutes

This creamy cheddar cheese sauce is simple to prepare and makes broccoli magically disappear from the plate.

Ingredients

- 1 pound broccoli, cut into florets (1 medium crown)
- 3/4 cup 1% lowfat milk
- 1 tablespoon all-purpose flour
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon garlic powder
- 1 teaspoon Dijon mustard
- 4 ounces sharp Cheddar, grated (about 1 1/3 cup), divided
- 2 tablespoons bread crumbs
- 1/4 teaspoon paprika

Preparation

Preheat broiler to high. Steam broccoli in the microwave or in a pan on the stove until tender; set aside.

In a small saucepan, combine milk, flour, nutmeg, garlic, powder and Dijon mustard. Heat over medium, whisking constantly, until sauce reaches a simmer. Reduce heat and continue to simmer and stir until the sauce thickens, about 2 minutes. Stir in 1 cup grated cheese until melted.

Arrange broccoli in a baking pan and pour cheese sauce evenly over the top. Combine remaining grated cheese with bread crumbs and paprika. Sprinkle over the broccoli. Place under the broiler for about 2 minutes, or until cheese melts.

Nutrition Information

Per serving: 130 calories, 7 g total fat, 4 g saturated fat, 195 mg sodium, 10 g carbohydrates, 2 g fiber, 9 g protein, 225 mg calcium

Provided by:
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www.oregondairycouncil.org



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