



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	162
<b>PROTEIN</b>	11 G
<b>CARBOHYDRATE</b>	19 G
<b>TOTAL FAT</b>	5 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	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:

<b>1 C</b>	FAT-FREE EVAPORATED MILK
<b>1 TBSP</b>	CORNSTARCH
<b>½ C</b>	SHREDDED CHEDDAR CHEESE
<b>¼ TSP</b>	WORCESTERSHIRE SAUCE
<b>¼ TSP</b>	HOT SAUCE
<b>1 SLICE</b>	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.