

Baked Broccoli with Cheese

Forget plain, steamed broccoli. Liven up this powerhouse veggie with some low-fat cheese and yogurt, and watch it disappear.

Ingredients

- 1/2 lb. cauliflower
- 1/2 lb. broccoli
(or 1 lb. if not using cauliflower)
- 1/2 cup plain low-fat yogurt
- 3/4 cup grated reduced-fat cheddar cheese
- 1 tsp. mustard
- 2 Tbsp. wheat germ
- Salt and pepper to taste

Preparation

1. Break the cauliflower and broccoli into florets and cook in lightly salted, boiling water for 10 minutes until just tender. Drain well and transfer to a baking dish.
2. Mix together the yogurt, grated cheese and mustard. Then season the mixture with pepper and spoon over cauliflower and broccoli.
3. Sprinkle wheat germ over the top and heat in oven at 350 degrees F for 10 minutes. Serve hot.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 130

Fat 6g

Saturated Fat 2g

Cholesterol 16mg

Sodium 226mg

Carbohydrate 14g

Dietary Fiber 3g

Protein 5g

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