

Broccoli Cheddar Bake

Submitted by Kelly S.

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

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 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. Makes 6 servings.

Nutritional information per serving: 168 calories, 15 grams protein, 9 grams fat, 8 grams carbohydrate, 266 mgs sodium.