

# Broccoli Bake

From [Vegetarian Times, November 1996](#)

This recipe, found in Vegetarian Times (see direct link above), is a favorite of WellWorks' Registered Dietitian Nutritionist. Eliminating the salt and reducing the oil to a quick spray improves the nutritional profile of this easy and delicious side dish.

## Ingredients:

- 6 cups broccoli florets
- $\frac{3}{4}$  cup fat free evaporated milk
- 2 Tbs cornstarch
- 1 Tbs Dijon mustard (I always add more)
- 1 cup grated cheddar cheese
- $\frac{1}{2}$  cup bread crumbs
- 1 Tbs grated parmesan cheese
- Pepper to taste

## Method:

- Preheat oven to 350° F.
- Place broccoli in a covered saucepan with water just to cover and bring to a boil. Once boiling, remove from stove and drain, reserving cooking liquid.
- Plunge broccoli into ice water to stop cooking. Drain and set aside.
- In saucepan, pour in  $\frac{3}{4}$  cup reserved cooking water from the broccoli. Dissolve cornstarch into milk and add to saucepan. Add mustard. Stir constantly until mixture boils. Continue to stir and cook for 3 minutes. Remove from heat and add cheese. Stir to melt.
- Add broccoli to cheese sauce and stir well to coat.
- Spray a casserole dish with canola oil and transfer broccoli to dish.
- Top with breadcrumbs and parmesan.
- Bake for about 40 minutes, until brown and bubbling.

