



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

Broccoli with Creamy Parmesan Sauce

EatingWell.com

Ingredients:

- 1 pound broccoli
- 1 tablespoon all-purpose flour
- 1 cup nonfat milk, divided
- ½ cup freshly grated Parmesan cheese
- ¼ teaspoon salt
- Pinch of ground white pepper
- Pinch of ground nutmeg (optional)

- Trim ½ inch off broccoli stalks; remove the tough outer layer with a vegetable peeler. Cut the broccoli lengthwise so the florets attached to the long stalks are 1 to 2 inches wide. Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Steam the broccoli until tender, 5 to 7 minutes.
- Meanwhile, whisk flour and ¼ cup milk into a small bowl until smooth. Heat the remaining ¾ cup milk in a saucepan over medium-low heat until steaming. Whisk in the flour mixture; cook, whisking, until thickened, 2 to 4 minutes.
- Remove from heat, add cheese, salt, pepper, and nutmeg (if using). Drizzle over the broccoli. Serve warm.

Yield: 4 servings

**CALORIES 95; FAT 3g; PROTEIN 8g; CARB 10g; FIBER 2g; CHOL 10mg; SODIUM 347mg;
POTASSIUM 329mg**