WHAT'S IN SEASON...

CHEESY BROCCOLI

INGREDIENTS:

- 2 large heads broccoli, chopped into florets
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup whole milk
- 2 cups shredded cheddar cheese

DIRECTIONS:

- Bring a large pot of salted water to a boil. Add broccoli florets, reduce heat to medium and boil for 8 minutes, or until softened. Drain broccoli.

- In a large saucepan over medium heat melt butter with garlic. Stir in flour, salt and pepper and mix for 1 minute. Add milk in and whisk until smooth. Add shredded cheese and mix until cheese is completely melted and creamy, about 3-4 minutes.

- Add broccoli florets into cheese sauce and stir to fully coat. Cook for 2 more minutes. Serve and enjoy!

*   Gluten Free: Use gluten free flour.

BREATHE STRONG+
A YEAR-ROUND PARTNERSHIP
WITH **AFFLOVEST**

NUTRITIONAL FACTS
6 SERVINGS
Calories: 170
Protein: 9 grams
Carbohydrates: 9 grams
Fat: 11 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Double the cheese sauce recipe with the original amount of broccoli (+135 calories per serving).
- To DECREASE calories: Use low-fat cheese and milk (-50 calories per serving).