



Cheesy Broccoli

Ingredients

2 garlic cloves
2 Tablespoons vegetable oil
2 (10-ounce) packages frozen chopped broccoli; thawed and drained
1 cup chicken broth
1 teaspoon dried basil
2 cups nonfat cottage cheese
1/2 cup grated parmesan cheese
pepper to taste

Makes 6 servings

Instructions

1. Peel and mince garlic.
2. Heat oil in skillet, and sauté garlic and broccoli for 5 minutes, stirring.
3. Add broth, basil, cheeses, and pepper. Stir together over low heat for about 2 minutes.

Note:

- Toss with 1 pound cooked pasta or rice.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 420mg **18%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 12g

Vitamin A 20% • Vitamin C 90%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

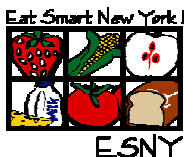
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

38% calories from fat

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

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