

# Smoky Gouda-Sauced Broccoli

This broccoli side dish is made irresistible with Gouda cheese and can be served with something simple in flavor, such as a pork roast or grilled pork chops.

Source: Diabetic Living Magazine



## Recipe Summary

active: 20 mins

total: 35 mins

Servings: 6

## Ingredients

### Ingredient Checklist

- 1 ¼ pounds broccoli, cut into spears
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 1 tablespoon butter
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 1 ½ cups fat-free milk

- 3 ounces smoked Gouda cheese, shredded (3/4 cup)
- 3/4 cup soft bread crumbs (1 slice)
- 2 teaspoons butter, melted

## Directions

### Instructions Checklist

- Step 1

Place a steamer basket in a large saucepan. Add water to just below the bottom of the steamer basket. Bring water to boiling. Add broccoli to steamer basket. Cover and reduce heat. Steam for 6 to 8 minutes or until just tender.

- Step 2

Meanwhile, for sauce, in a medium saucepan cook and stir the onion and garlic in the 1 tablespoon hot butter until tender. Stir in flour, salt, and pepper. Stir in the milk. Cook and stir until thickened and bubbly. Gradually add cheese, stirring until melted.

- Step 3

Transfer broccoli to a 1 1/2-quart au gratin dish or 2-quart square baking dish. Pour sauce over broccoli. Combine bread crumbs and the 2 teaspoons melted butter; sprinkle over sauce. Bake, uncovered, in a 425 degree F oven for 15 minutes or until crumbs are lightly browned.

## Nutrition Facts

Serving Size: 1 serving

Per Serving:

150 calories; protein 8.1g 16% DV; carbohydrates 13.6g 4% DV; dietary fiber 1.9g 8% DV; sugars 5.2g; fat 7.6g 12% DV; saturated fat 4.7g 23% DV; cholesterol 25.9mg 9% DV; vitamin a iu 644.9IU 13% DV; vitamin c 44.8mg 75% DV; folate 61.6mcg 15% DV; calcium 217.7mg 22% DV; iron 0.9mg 5% DV; magnesium 26.5mg 10% DV; potassium 327.8mg 9% DV; sodium 319.4mg 13% DV.

Exchanges:

1 fat, 1 vegetable, 1/2 medium-fat protein, 1/2 starch