

Broccoli Cacio e Pepe

*Julie Miltenberger
Family Circle Magazine*

Servings: 8

*3 pounds (2 to 3 bunches) broccoli
3 tablespoons unsalted butter
3 tablespoons all-purpose flour
3 cups whole milk
1 1/2 cups shredded Parmesan cheese
2 teaspoons freshly cracked black
pepper
1/2 teaspoon salt*

Preparation Time: 10 minutes

Bake Time: 15 minutes

Preheat the oven to 425 degrees.

Bring a large pot of salted water to a boil. Quarter the broccoli stalks lengthwise. Add to the boiling water. Simmer for 3 minutes. Drain.

In a medium pot, melt the butter over medium heat. Stir in the flour. Cook for 1 minute. Whisk in the milk. Bring to a simmer. Cook for 5 minutes. Remove from the heat. Stir in the parmesan, pepper and salt.

Transfer the broccoli to a 13x9-inch baking dish. Pour the sauce over the top.

Bake for 15 minutes. Then broil for 2 to 3 minutes until the cheese sauce begins to brown.

Per Serving (excluding unknown items): 231 Calories; 12g Fat (44.3% calories from fat); 16g Protein; 19g Carbohydrate; 7g Dietary Fiber; 35mg Cholesterol; 495mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.