

Broccoli with Sour Cream

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Servings: 4

1 pound fresh broccoli

1 cup sour cream

2 tablespoons brown sugar

2 tablespoons lemon juice

1/4 teaspoon salt

*1/2 teaspoon prepared
mustard*

Wash the broccoli and trim off the tip ends of the stems. If any stems are more than one inch in diameter, make lengthwise gashes through them almost to the flowerets. Drop the prepared broccoli into a small amount of boiling salted water.

Cover and cook for about 10 to 15 minutes or until just tender.

In a bowl, combine the sour cream, brown sugar, lemon juice, salt and mustard. Mix well.

Carefully remove the broccoli from the boiling water. Place in a casserole dish.

Cover the broccoli with the dressing. Serve.

Per Serving (excluding unknown items): 174 Calories; 12g Fat (59.9% calories from fat); 5g Protein; 14g Carbohydrate; 3g Dietary Fiber; 26mg Cholesterol; 204mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.