

Broccoli Cheese Bake (makes 4 servings)

This healthy, microwave recipe is cheesy and rich!

2 cups Broccoli florets, or cut up fresh broccoli tops
4 Tbsp Ricotta cheese, reduced fat
4 Tbsp Mozzarella cheese, part skim, shredded
Pinch Ground paprika spice

Wash broccoli in cool water, then shake off.
Place into microwave dish in a single layer.
Spread broccoli tops with ricotta cheese.
Sprinkle with mozzarella cheese and paprika.
Microwave on high for 4-5 minutes, or until broccoli is tender and cheese is melted.

Hint: Try this yummy recipe with cauliflower, too.

Nutrition Facts for one serving:

50 Calories; 5 gm Protein; 3 gm Total Fat; 2 gm Saturated Fat; 9 mg Cholesterol; 3 gm Total Carbohydrate; 1 gm Fiber; 66 mg Sodium