

BROCCOLI & CHEDDAR SOUFFLÉ



	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	45 gm raw egg	3 (-3 gm fat)
	5.3 gm cheddar cheese, shredded	0.7 (-1.05 gm fat)
Fat	26 gm mayonnaise	6 (-4.05 gm)
Carbohydrate	15.3 gm broccoli, from frozen	1.3
Other	Salt, pepper, garlic powder	

Recipe developed by Cagla Fenton and Sue Groveman

DIRECTIONS

- Preheat oven to 350° F.
- Boil the frozen broccoli until hot and tender.
- Drain broccoli and transfer to food processor.
- Chop broccoli until finely mashed.
- Weigh the ingredients together using a gram scale.
- Season to taste with salt, pepper and garlic powder.
- Grease a baking dish, such as a ramekin or jumbo muffin tin, with nonstick cooking spray.
- Pour the mixture into the baking dish.
- Bake for about 35-40 minutes or until golden brown, and set.
- Allow to cool before removing from dish.

VARIATIONS

- Different cheeses such as mozzarella or Colby jack can be used.
- Vegetables such as carrots, mushrooms, red peppers, or spinach can be used.
- Cheese can be omitted if desired.
- Animal proteins such as ham or turkey bacon can be added.
- Egg Beaters® can be used instead of fresh whole eggs.
- This is a very flexible recipe; amounts of all the ingredients can be adjusted as needed.