

# Fresh Broccoli with Cheese Sauce - (microwave method)

**1-1/2 pounds fresh broccoli spears**

1. Spray a shallow, round, microwave safe dish or casserole with non-stick cooking spray; set aside.
2. Trim 1" from the stem end of the spears and peel the lower stems if the broccoli seems tough.
3. Arrange the spears in the prepared dish, with the heads toward center of the dish.
4. Cover with heavy plastic wrap and cut a 1/2" slit in the wrap for the steam to escape.
5. Microwave on high power for 8 to 12 minutes or until the broccoli pieces can be easily pierced with a fork. Cover with foil and let stand while the cheese sauce is prepared.

## Sauce

2 T. butter

2 T. flour

1 cup milk

1/2 tsp. black pepper

1/2 cup grated sharp cheddar cheese

1. In a glass measuring cup or a small bowl - melt the butter,
2. Add the flour to the melted butter and stir until smooth.
3. Add in the milk and pepper and stir.
4. Cook on 70% power for 4 to 5 minutes or until thickened.
5. Remove from the microwave oven and add the grated cheddar, stirring until melted and smooth.
6. If the broccoli has cooled, reheat it for about one minute.
7. Pour the cheese sauce over the cooked broccoli and serve.

