



Garlic Parmesan Broccoli Bake

PREP TIME

15 min

TOTAL TIME

60 min

Nutrition Information Per Serving

Makes 6 servings

FAT

14g

PROTEIN

9g

CARBS

8g

CALORIES

187

Ingredients

1 head broccoli (approx 2 cups)

1 Tbsp butter

2 garlic cloves, minced

½ cup onion, diced

1½ cup half-and-half

1 cup grated Parmigiano-Reggiano

2 eggs

¼ tsp red pepper flakes

½ tsp black pepper

½ tsp salt

Instructions

1. Preheat oven to 350 degrees. Heat a pot of boiling salted water on the stove, then reduce to a simmer.
2. Cut broccoli florets into 1 inch pieces. Peel the large stems and cut into ½ inch thick round pieces. Blanch broccoli in simmering water for 3 minutes, drain, and immediately rinse under cold water to prevent further cooking.
3. Melt butter in saucepan over medium-low heat. Add garlic and onion and saute until onion is translucent, about 4 minutes. Set aside to cool.
4. In a bowl, whisk together half-and-half, cheese, eggs, red pepper flakes, salt, and black pepper. Stir in the cooked garlic and onion.
5. Place broccoli in a 2-quart shallow baking dish, then pour liquid mixture over top.
6. Bake 35-45 minutes until set.