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## Cheesy Broccoli

### Ingredients:

- 2 garlic cloves
- 2 Tablespoons vegetable oil
- 2 (10-ounce) packages frozen chopped broccoli; thawed and drained
- 1 cup chicken broth
- 1 teaspoon dried basil
- 2 cups nonfat cottage cheese
- 1/2 cup grated parmesan cheese
- pepper to taste

*Makes 6 servings - 38% calories from fat*

### Instructions:

1. Peel and mince garlic.
2. Heat oil in skillet, and sauté garlic and broccoli for 5 minutes, stirring.
3. Add broth, basil, cheeses, and pepper. Stir together over low heat for about 2 minutes.

### Note:

- Toss with 1 pound cooked pasta or rice.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 12g</b>	
Vitamin A 20%	• Vitamin C 90%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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