

No-Fuss Broccoli Souffle

This recipe works well with cauliflower, spinach, or Brussels sprouts; simply substitute the same amount of any of these vegetables for broccoli.

20 ounces broccoli spears, frozen, thawed, and drained,
or 1 large head, broken into florets, blanched until tender, and drained
4 egg whites or 4 ounces nonfat pasteurized egg product (such as EggBeaters^a)
1/3 cup grated Parmesan cheese
1/4 teaspoon of Cayenne
1/3 teaspoon salt
Freshly ground pepper
1 teaspoon olive oil or olive oil-based cooking spray

Puree broccoli in food processor until no large chunks remain. Add remaining ingredients, except olive oil, and puree until very smooth. Rub interior of four 4- to 6-ounce ramekins (small ceramic bowls) with olive oil to evenly coat. Fill with broccoli mixture, then pat down and smooth out surface with rubber spatula so it is flat and firmly packed. Microwave individually for 6 to 8 minutes on high until center is set and firm. Run paring knife around the sides of ramekins to loosen souffle for easy removal. Carefully invert each mold and serve hot or at room temperature.

For lighter souffle, whip egg whites separately until soft peaks form. Fold egg whites into seasoned, pureed broccoli mixture and continue as directed.

For creamier souffle add 1 medium cooked potato to broccoli mixture, and puree until smooth.

Serves: 4

Nutritional Benefits: Broccoli is a nutritional powerhouse, full of antioxidants and cancer-fighting phytochemicals. Broccoli is also a source of calcium.

Reproduced from *The Strang Cookbook for Cancer Prevention*, Pensiero, R.D., Oliveria, Sc.D., M.P.H., Osbourne, M.D.Dutton, Published by the Penguin Group, New York, 1998.