

Broccoli and Tofu Bake

Printed from Broccoli Recipes at <http://www.broccolirecipes.net/>

Ingredients:

1 cup of onion, chopped.
2 garlic cloves, minced.
2 cups of broccoli florets.
1 cup of mushrooms, chopped.
1 tablespoon of water.
¼ cup of nonfat cholesterol-free egg substitute.
2 medium egg whites.
10 oz of soft silken tofu.
1 tablespoon of yellow mustard.
1 teaspoon of dried basil.
Pinch of nutmeg.
¼ teaspoon of salt.
Pinch of black pepper.
2 tablespoons of nonfat Parmesan cheese.
Red pepper rings, to garnish.
Nonfat cooking spray.

Directions:

In a skillet sprayed with a nonfat cooking spray, sauté the onion and garlic.

Add the broccoli, chopped mushrooms, and 1 tablespoon of water.

Cover, reduce heat and steam until broccoli and mushrooms are just tender.

Place in an 8-inch square baking dish sprayed with nonfat cooking spray.

In a blender, combine the egg substitute, egg whites, tofu, yellow mustard, basil, nutmeg, salt, black pepper and Parmesan cheese.

Blend for 2 minutes, scraping down the sides, until the mixture is smooth, then pour over the broccoli mixture.

Garnish each corner with a red pepper ring and bake at 350°F (175°C) for 35 minutes or until the center is firm.