

Broccoli is rich in dietary fiber, calcium, magnesium, vitamin A and potassium.

Broccoli & Goat Cheese Souffle

Ingredients

1 1/2 cups finely chopped broccoli florets	1/4 teaspoon dried rosemary
1 tablespoon butter	1/4 teaspoon salt
1 tablespoon extra-virgin olive oil	1/2 cup crumbled goat cheese
2 tablespoons all-purpose flour	3 large eggs, separated
1 1/4 cups low-fat milk	2 large egg whites
1 teaspoon Dijon mustard	1/4 teaspoon cream of tartar



Instructions

1. Pre-heat oven to 375 °F. Coat four 10-ounce ramekins with cooking spray and place them on a baking sheet.
2. Place broccoli in a medium, microwave-safe bowl. Cover and microwave until the broccoli is tender-crisp, one to two minutes. Set aside.
3. Melt butter and oil in a large saucepan over medium-high heat. Whisk in flour and cook, whisking, for one minute. Adjust heat as needed to prevent the mixture from getting to dark; it should be the colour of caramel.
4. Add milk, mustard, rosemary and salt and cook, whisking constantly, until thickened, one to two minutes.
5. Remove from heat and immediately whisk in goat cheese and three egg yolks until well combined. Transfer to a large bowl.
6. Beat the five egg whites in a medium bowl with an electric mixer in high speed until soft peaks form. Add cream of tartar and continue beating until stiff peaks form. Using a rubber spatula, gently fold half of the whipped whites into the milk mixture. Gently fold in the remaining egg whites and the reserved broccoli just until no white streaks remain. Transfer to the prepared ramekins.
7. Bake until puffed, firm to the touch and an instant-read thermometer inserted into the center registers 160 °F, about 20 minutes in ramekins. Serve immediately.

Source: <http://www.eatingwell.com/recipe/249689/broccoli-goat-cheese-souffle/>