

Broccoli & Goat Cheese Souffle

Holiday Dishes

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



SERVES:
4



PREP TIME:
25 MINS



COOKING TIME:
45 MINS



CALORIES:
248 CAL

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.

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

INGREDIENTS

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

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