



# Garlic Parmesan Broccoli Bake

## PREP TIME

15 min

## TOTAL TIME

60 min

## Nutrition Information Per Serving

Makes 6 servings

### FAT

14g

### PROTEIN

9g

### CARBS

8g

### CALORIES

187

## Ingredients

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1 head broccoli (approx 2 cups)

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1 Tbsp butter

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2 garlic cloves, minced

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½ cup onion, diced

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1½ cup half-and-half

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1 cup grated Parmigiano-Reggiano

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2 eggs

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¼ tsp red pepper flakes

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½ tsp black pepper

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½ tsp salt

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## Instructions

1. Preheat oven to 350 degrees. Heat a pot of boiling salted water on the stove, then reduce to a simmer.
2. Cut broccoli florets into 1 inch pieces. Peel the large stems and cut into ½ inch thick round pieces. Blanch broccoli in simmering water for 3 minutes, drain, and immediately rinse under cold water to prevent further cooking.
3. Melt butter in saucepan over medium-low heat. Add garlic and onion and saute until onion is translucent, about 4 minutes. Set aside to cool.
4. In a bowl, whisk together half-and-half, cheese, eggs, red pepper flakes, salt, and black pepper. Stir in the cooked garlic and onion.
5. Place broccoli in a 2-quart shallow baking dish, then pour liquid mixture over top.
6. Bake 35-45 minutes until set.