

## Broccoli with Creamy Lemon Sauce

### INGREDIENTS

1 Tbsp. extra virgin olive oil  
2 cloves garlic, minced  
1 lb. fresh broccoli or broccolini, chopped or 16 oz. frozen broccoli

### SAUCE

2 tsp. lemon juice  
1 Tbsp. mayonnaise  
2-3 Tbsp. grated parmesan  
Salt and freshly ground black pepper, to taste

### SHORTCUT PREP

*Steam broccoli and season with freshly ground pepper, salt, a little lemon juice, and a sprinkle of parmesan (if desired).*

### NUTRITION FACTS

4 servings  
Calories: 110  
Fat: 7 g  
Sodium: 129 mg  
Total Carbohydrate: 9.5 g  
Dietary fiber: 3 g  
Protein: 6 g

### DIRECTIONS

1. Whisk together the lemon juice, mayonnaise, grated parmesan, salt and black pepper.
2. Heat olive oil over medium heat in non-stick pan. Sauté garlic for about 1 minute, stirring constantly.
3. Add the broccoli and ¼ cup water to the pan with the garlic. Cover and cook, stirring occasionally until broccoli is crisp-tender (about 5 minutes). Uncover and cook 1-2 more minutes until nearly all of the water has evaporated.
4. Drizzle sauce over warm broccoli and serve.

## Healthy Mexican Corn on the Cob

### INGREDIENTS

4 ears corn, husked  
Salt and pepper  
2 Tbsp. light mayo  
2 Tbsp. nonfat plain yogurt  
Tabasco sauce to taste  
½ tsp. chili powder (or less)  
½ cup Cotija cheese, crumbled or parmesan cheese  
1 lime, cut into wedges  
Fresh cilantro, chopped, optional

### NUTRITION FACTS 4 servings

Calories: 122      Total Carbohydrate: 22 g  
Fat: 3 g            Dietary fiber: 2 g  
Sodium: 122 mg   Protein: 4 g

### DIRECTIONS

1. Mix together mayo, yogurt, and a little Tabasco sauce to taste. Set aside.
2. Coat corn lightly with olive oil cooking spray or brush with a little olive oil.
3. GRILL: Preheat grill to medium-high. Grill for 8-12 minutes, turning every few minutes until tender and lightly browned. Sprinkle with a little salt and pepper.
4. BROIL: Instead of grilling, corn can be broiled. Line a baking pan with foil. Coat corn with cooking spray. Broil for about 5-6 minutes until browned. Turn over and broil about 5 minutes more. Sprinkle each with a little salt and pepper.
5. While corn is still warm, brush each ear with 1 Tbsp. of the sauce. Squeeze lime wedges over each piece of corn. Sprinkle each ear with Cotija or parmesan cheese, a little chili powder, and cilantro.

NOTE: You can find Cotija cheese (similar to parmesan) with other specialty cheeses in most supermarkets.