

Broccoli with Cheese Sauce

Ingredients:

3 cups (8 ounces) broccoli florets

1/4 cup Tostitos brand Reduced-Fat Zesty Cheese Dip

To prepare:

In a medium saucepan, bring 4 cups of water to a boil over high heat. Add the broccoli. Cook for about 3 minutes, or until crisp-tender. Drain and pat dry. Divide between 2 serving plates. Meanwhile, spoon the dip into a small microwaveable bowl. Microwave on low power in 10-second intervals, until just warm. Spoon half of the dip evenly over each portion of broccoli. Serve immediately.

Serves 2 @ 1 point, 2 points plus

