



Cheesy Cheddar Broccoli Side Dish

This Cheesy Cheddar Broccoli Side Dish is super easy and only requires a few basic ingredients and you have a delicious side dish to pair with any meal!

Recipe:

Dice 4 Cups Broccoli or Cauliflower

Warm together over low heat:

$\frac{3}{4}$ Cup Heavy Cream

6 oz Shredded Cheddar Cheese

Salt and Pepper

Allow cheddar cheese to melt in by adding little by little and add salt and pepper to taste

Pour over broccoli and bake at 350 degrees for 25-30 minutes

Keto Dad Tips:

- Add Bacon Bits on top. Make it a meal by adding ham into your broccoli!
- Tastes great as leftovers
- Add the cheese slowly to keep it from clumping
- Want it ready faster? Cook your broccoli in water on the stovetop until desired softness. Drain, then pour warm cheese sauce on top and serve immediately!



Serving Size: Approx $\frac{3}{4}$ Cup

Macros: Calories: 235, Fat: 20g, Carbs: 5g, Fiber: 2g (Net Carbs 3), Protein: 10g

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