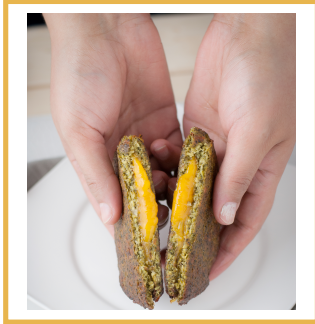




EAT MORE BURN MORE

NO-BREAD GRILLED CHEESE



INGREDIENTS:

- 1 large broccoli head, cut into florets
- 2 oz part skim mozzarella cheese, shredded
- 2 oz grated Parmigiano-Reggiano, grated
- 1 egg, lightly beaten
- 2 egg whites, lightly beaten
- 1 tbsp of olive oil
- 5 oz, aged cheddar cheese, sliced

Active time: 20 minutes

Cook time: 30 minutes

Yield: 4 servings

PREPARATION:

1. Preheat oven to 450°. In a food processor, pulse the broccoli until it looks like uncooked grits or couscous.
2. Heat the olive oil in a skillet over medium heat. Cook the 3 cups of the broccoli, and sauté for 10 minutes to soften and dry out. Do not brown.
3. Set aside the broccoli in a mixing bowl. Add egg, Parmigiano-Reggiano, mozzarella, salt and pepper, and mix well.
4. Using your hands, shape 8 balls, and transfer to a baking sheet lined with parchment paper. Flatten the balls to shape 8 remaining pieces resembling bread slices.
5. Bake in the oven for 12-15 minutes.

To assemble:

6. As soon as the 'bread' slices come out of the oven and are still warm, cover them liberally with cheese, and top with the remaining slice of broccoli bread. Serve at once.