

# Broccoli with Cream Sauce

Recipe By *Brynie Greisman*



Cooking and Prep:  15  
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Serves:  6

Contains:   

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Low Carb,  
Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

I enjoy experimenting with broccoli – roasting it various ways, using it in soups, kugels and just simply steamed. The cream sauce takes broccoli up a notch and thankfully has no mayo in it. The pecans add a nice crunch too.

## Ingredients (8)

### Main ingredients

- 5 cups or 1 pound (450 grams) frozen broccoli florets
- 2–3 tablespoons sautéed onion and garlic (\*see note)
- scant 1/2 cup Tofutti sour cream
- 1 teaspoon **Gefen Honey**
- 1/2 teaspoon cider vinegar

- 1/4 teaspoon salt or to taste
  - 1/4 teaspoon paprika (can use part smoked paprika if desired)
  - handful of chopped pecans, for garnish
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## Start Cooking

### Prepare the Broccoli and Sauce

1. Cook broccoli in boiling salted water for four minutes (if using fresh broccoli, it needs a bit more time to be crisp tender, but not much). Drain and rinse with cold water.
2. Mix remaining ingredients, except pecans, together in a small bowl.

#### Note:

I used sautéed onion and garlic that I had from the dip recipe in the Shabbos Chanukah issue. It's a wonderful idea to have sautéed onions (with or without garlic) in your freezer. What a time saver. If you don't have any, sauté a small onion with a clove of garlic in a small amount of oil and use two to three tablespoons of it for this recipe.

Freeze the rest!

### To Serve

Two alternate presentations.

1. Pour sauce over warm broccoli and stir together gently until evenly coated. Garnish with pecans. Serve warm or room temp. This serves approx. 6 as a side dish.
2. Alternately, pour a bit of sauce to coat the bottom of mini serving spoons. Lay the broccoli florets (you can cut them smaller) on top of sauce and garnish with pecans. Amount of servings depends on size of spoon. Estimated at 15–20.

### Credits

Photography: Moshe Wulliger.

Food and Prop Styling: Renee Muller.