

# Microwave Cooked Broccoli with Tuna in Lighter Alfredo Sauce



**TIP:** This very easy to make recipe combines the rich flavor and nutrition of quickly cooked broccoli with high-protein, low fat tuna in a creamy fat and calorie reduced Alfredo sauce that substitutes **regular cheese** with **fat/calorie-reduced cheese** (50% the fat, 25% fewer calories than regular cheese) and...



...replaces **heavy cream** with **evaporated milk** (20% the fat, 50% fewer calories than heavy cream).



**Preparation Time:** about 5 minutes  
**Cooking Time:** 2-3 minutes



## Ingredients (per person)

**1 Big Handful of Fresh Broccoli**

**1/2 5-Ounce Can of Tuna** (preferably with no salt added)

**Evaporated Milk**

**Garlic Powder**

**Grated Cheese** (I'm using a fat reduced mix of cheeses, but any grated cheese will work)

**Ground Black Pepper**

**Balsamic** (or any) **Vinegar** (optional)



## Equipment

Microwave Oven Safe Bowl

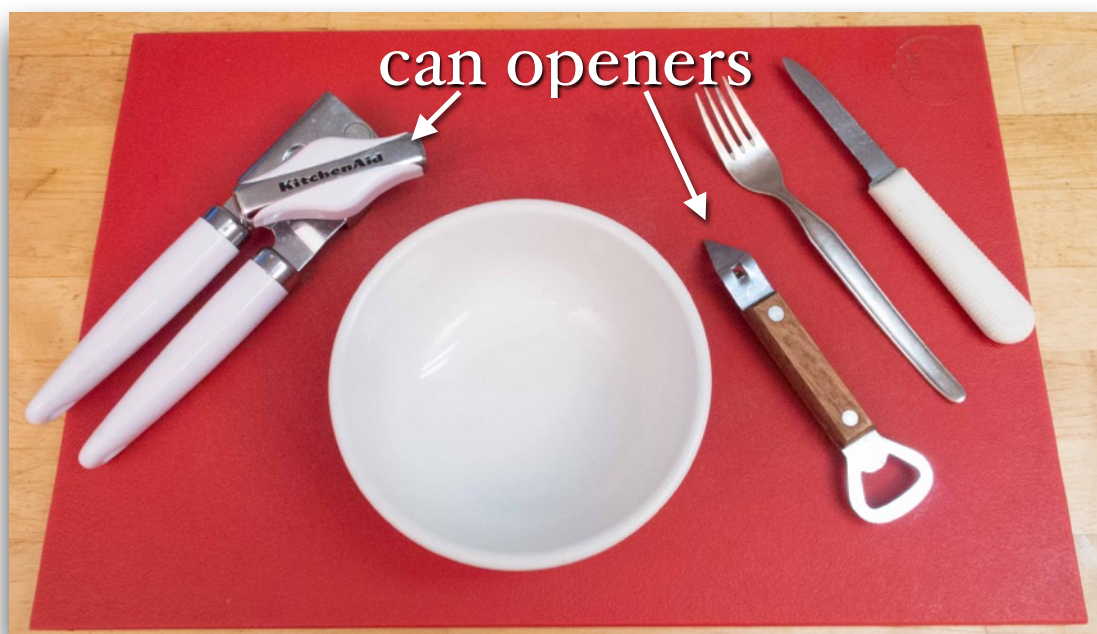
Small Sharp (Paring) Knife

Cutting Board

Can Openers

Fork

Microwave Oven



1. Break off **broccoli branches** from the **stem** by hand.

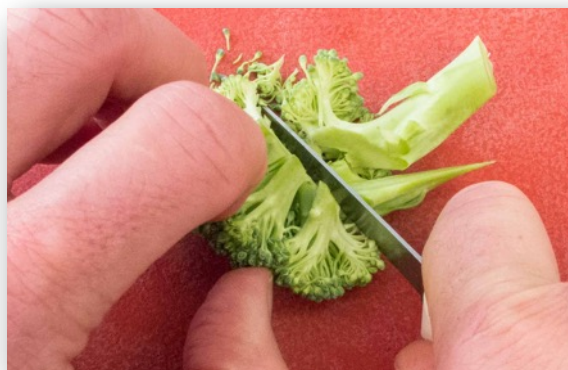




Use a sharp knife to cut the **broccoli stems** and...



...**florets** into bite-sized pieces, and...



...put the **broccoli pieces** in a *microwave oven safe bowl*.



2. Rinse the **broccoli** well in the bowl with cool tap water. Then cover the **broccoli** with one hand to keep the **pieces** in the bowl and drain off all the water.



3. Put the bowl in the middle of the microwave oven, and cook using HIGH heat for 1 minute per **handful of broccoli**. **NOTE:** *Cooking time will vary depending on the watt power of your microwave oven.* I used a 1200-watt microwave oven and cooked the **big handful of broccoli** you see here for 1 minute.





4. While the **broccoli** cooks, open a **can of evaporated milk**.



Then open a **can of tuna** and drain off the water in the sink.



5. After cooking the **broccoli** for 1 minute, CAREFULLY remove the bowl from the microwave oven and...



...add a **good shot of evaporated milk**, about as shown in the picture to the right below,...



...and a **handful of grated cheese**.





Then, open the **tuna can** with a fork, not your fingers, and scoop **half the tuna from the can** into the bowl.



Add a **light shake of garlic powder** and stir the **ingredients** in the bowl until they are well mixed together.



6. Put the bowl in the middle of the microwave oven, and cook using HIGH heat for 1 minute.



7. After cooking, carefully remove the bowl from the microwave oven and...





...top with an optional choice or combination of a **shot of balsamic** (or any) **vinegar**, **more grated cheese** and/or a **good crunch of ground black pepper**. until what you have looks about like...



...this.



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