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)
Microwave Cooked Broccoli

**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 pieces* 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.