

## **BROCCOLI WITH CAESAR DRESSING**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

1 lb broccoli florets	3 oz soft tofu
1/4 C chicken or vegetable broth (low-sodium varieties are even better!)	
2 anchovy fillets or 1 tsp anchovy paste	1 garlic clove
1 tsp Dijon mustard	1 tsp fresh lemon juice

### **DIRECTIONS:**

In large pot of boiling water, cook broccoli till just tender (about 4 minutes) - drain. Rinse under cold running water - drain thoroughly - transfer to large bowl.

In food processor or blender, combine tofu, broth, anchovies, garlic, mustard & lemon juice - purée. Pour dressing over broccoli - toss to coat.

Makes 4 servings

(per serving: 68 calories; 2g total fat; 0g saturated fat; 1mg cholesterol; 220mg sodium, 10g total carbohydrates; 5g dietary fiber; 7g protein, 94mg calcium - WW points per serving: 1)