**Microwave Potato with Cheesy Broccoli Sauce**

**INGREDIENTS:**

**1 potato per person**

**1 cup frozen broccoli**

**2 Tbsp. margarine**

**2 Tbsp. flour**

**Dash pepper**

**1 cup milk**

**1 cup grated cheddar cheese**

1. **POTATOES**

Scrub potatoes and then prick several times with a fork. Arrange them 1-inch apart on paper towel in the microwave. Microwave on HIGH for 6 to 8 minutes. Turn the potatoes over and rearrange. Cook for an additional 6 to 8 minutes. Potatoes may still feel slightly firm. Wrap each potato in a paper towel. Let stand 5 to 10 minutes to finish cooking.

1. **WHITE SAUCE**

In a medium size mixing bowl, melt margarine covered with a paper towel for about 20 seconds or until melted. Gradually, stir in flour and pepper. Continue to mix until the mixture is smooth. Add milk all at once. Stir to combine.

Cook, uncovered, for 3 – 5 minutes or until thickened and bubbly; stirring every minute till the sauce starts to thicken. Then stir every 30 seconds. Add 1 cup grated cheese and stir until the cheese is melted.

1. **BROCCOLI**

Place 1 cup broccoli in a small casserole dish with 2 Tbsp. water. Cover dish with lid and microwave 2 minutes and drain off water. Chop broccoli into bite sized pieces and mix with cheese sauce.

1. **Serve Cheesy Broccoli Sauce over microwave potatoes.**