



## Cheese Souffle

- 3 T. AP flour
- 1 C. low-fat (1%) milk
- 1 1/2 c. shredded reduce-fat cheddar cheese
- 1/2 tsp. salt
- 1/8 tsp cayene
- 2 eggs, separated
- 2 egg whites

In a small bowl bowl, stir the flour into 3 T of milk until smooth

Whisk the milk-flour mixture and remaining milk in a heavy-bottomed saucepan

Place over low heat. Cook, stirring until the mixture thickens (5 minutes)

Remove from the heat, stir in the cheese, 1/4 tsp salt and cayenne.

Transfer to a bowl and let cool slightly.

Preheat oven to 350. Stir a small amount of the cheese mixture into the egg yolks

Add all the egg yolk mixture into the cheese mixture and whisk to combine.

Beat all 4 egg whites until foamy; add thee remaining 1/4 tsp salt and beat until stiff

but not grainy. Stir 1/4 of egg whites into the cheese mixture. Fold in the remaining

egg whites with a rubber spatula. Scrape mixture into a 3 quart UNGREASED souffle dish.

Bake until puffed and cooked through 35 minutes. Serve immediately.

4 servings

198 calories

9 g fat

131 cholesterol

636 mg sodium

9 carb

0 fieber

20 g. protein

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