

Cheesy Broccoli

1 lb chopped broccoli
2 cups shredded very sharp cheddar cheese

It's funny. I don't have any specific memories of eating cheesy broccoli, but I know that I did as a child, and I'm intensely nostalgic for it. I know cheese was about the only thing that made me want to eat broccoli, and it was easy for mom and my stepmom to throw a slice of American cheese on some microwaved broccoli for me while dinner was in the works. This version is slightly more grownup than that, but no less nostalgic.

Use the stem of the broccoli in addition to the florets. It's delicious and absolutely edible. You might have to trim the end and possibly peel it, but if it's fresh you shouldn't have to do either of those things. Shred the cheese yourself. Pre-shredded cheese has anti-caking agents that make it behave differently and alter the taste.

Steam the broccoli until tender, about 8-10 minutes. Drain the broccoli very thoroughly. Spread the broccoli in a cast iron pan in an even layer. Cover with the cheese. Use more cheese if you want. Some cheese might fall directly on to the cast iron. These will brown and get crispy and will be lovely. Broil the broccoli and cheese under a hot broiler until the cheese is melty, bubbly, and a little brown. It should take about 4-5 minutes, but honestly every broiler is different so it you would be wise to stay near the oven and keep an eye on it,

Serve at once, from the cast iron. Kids and kids-at-heart love it especially well.

A little garlic powder or onion powder mixed in the cheese can be a lovely thing.

