

Broccoli Casserole

Author: From a distant relative, Gerry Black, but she got it from *Sunset Magazine*



Servings: 8

10 ounces chopped broccoli, frozen
3 tablespoons butter
3 tablespoons flour
1/4 teaspoon salt
1 dash pepper
1 cup 2% low-fat milk
1/4 cup onion, minced
3/4 cup mayonnaise
3 whole eggs, beaten
1 pinch fresh nutmeg (optional)

Serving Ideas: This is a festive dish, and appropriate for a holiday meal like turkey, or ham. Or a roast chicken.

Per Serving (excluding unknown items): 251
Calories; 24g Fat (83.3% calories from fat); 5g
Protein; 6g Carbohydrate; 1g Dietary Fiber;
101mg Cholesterol; 278mg Sodium. Exchanges:
0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable;
0 Non-Fat Milk; 2 1/2 Fat.

Preparation Time: 30 minutes

*This can be made with egg substitutes, non- or lowfat-fat mayo and less butter, and it's still quite tasty, but this is close to the original recipe (I added more onion). I think this originally came from a *Sunset* magazine or cookbook. I've probably made this casserole 50 times, at least. It's amazing to me what a few simple ingredients can do when they're mixed together. You can also use fresh broccoli - just chop the stems first, cook them, then add finely chopped tops. Measure about 12-13 ounces of broccoli since you'll chop off the end and a few bruised pieces. Be sure you can easily remove the baking dish from the hot water bath.*

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Preheat oven to 350.
2. Cook broccoli in a little water until barely done. Drain and set aside.
3. Meanwhile, make a white sauce: in a saucepan melt the butter, add flour, salt, pepper and then milk all at once. Stir until heated and thickened (about 3-5 minutes). Remove from heat and add the mayo, onion and eggs. Gently stir in the drained broccoli and pour into a buttered baking dish.
4. Place that pan in a larger pan of hot water (so the water comes up about halfway) and bake for 25-40 minutes (depends on how deep the dish is), until knife inserted in the middle comes out clean. It may still be a little jiggly, but if the knife comes out clean it will continue cooking for several minutes. Serve while it's hot.