

Broccoli and Cauliflower Casserole

Category: Vegetable

Servings: 10

Rating: 10

Source: Allana Patterson

Description:

Allana Patterson made this dish for our Marathon Bridge Party and it was a huge hit. She says that it tastes best with more vegetables.

Ingredients:

bread crumbs	1/2 cup fresh whole wheat
parmesan cheese	1/3 cup plus 3 tablespoons in all
parsley	1 tablespoon, chopped
broccoli	1 head, broken into bite size florets
cauliflower	1 head, broken into bite size florets
evaporated milk	1 385 ml can 2%
milk	1/2 cup 1%
all-purpose flour	3 tablespoons
olive oil	1 tablespoon
onion	1/4 cup, minced
garlic	1 teaspoon, minced
cheddar cheese	1/2 cup shredded packed, old light
dijon mustard	1 tablespoon
salt	1/4 teaspoon
pepper	1/4 teaspoon
nutmeg	pinch

Instructions:

Make the topping mixture by mixing together the bread crumbs, 3 tablespoons of parmesan cheese, and the parsley.

Steam the vegetables until slightly undercooked. (Cauliflower about 7 minutes, broccoli about 3).

For the sauce, whisk together the evaporated milk, milk, and flour and set aside. Heat the olive oil over medium heat and sauté the onions and garlic to soften, about 2 minutes. Add the milk mixture and cook, stirring with a whisk until the sauce bubbles and thickens. Remove from the heat and add the cheddar and the rest of the parmesan cheese, the mustard, salt, pepper, and nutmeg. Stir until the cheese melts.

Remove florets from the steamer and place in a 9X13 dish sprayed with cooking spray.

Pour the sauce over and then put on the topping mixture. Bake uncovered at 400°F for 20 minutes and serve immediately.