

Broccoli Casserole

Gerry Black



- 10 ounces chopped broccoli, frozen
- 3 tablespoons butter
- 3 tablespoons flour
- 2 dashes salt
- 1 dash pepper
- 4 tablespoons onion, very finely minced
- 3/4 cup mayonnaise
- 1 1/2 cups milk
- 3 large eggs

Per Serving (excluding unknown items): 228 Calories; 17g Fat (64.3% calories from fat); 7g Protein; 14g Carbohydrate; 2g Dietary Fiber; 120mg Cholesterol; 407mg Sodium; 7g Total Sugars; 1mcg Vitamin D; 116mg Calcium; 1mg Iron; 247mg Potassium; 137mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 6

Preparation Time: 30 minutes

This can be made with egg substitutes, non-fat mayo and less margarine, 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 mixed together can do.

1. Preheat oven to 350. Cook broccoli in a little water until barely done. Drain and set aside. Meanwhile, make a white sauce: in a saucepan melt the butter until it begins to bubble and foam, then add flour. Stir as it cooks gently until there are no lumps. Add salt, pepper and then milk all at once. Stir until thickened. Add the mayo, onion and eggs. Gently stir in the broccoli and pour into a buttered baking dish.
2. Place that pan in a larger pan of hot water and bake for 30-45 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.