

Broccoli Casserole

★★★★☆

The lightened-up luscious sauce elevates this easy casserole recipe over standard broccoli and cheese side dishes.

Breana Killeen

Active: 40 mins

Total: 1 hr 5 mins

Servings: 12



Ingredients

2 slices whole-wheat sandwich bread

2 pounds broccoli florets

3 tablespoons butter, divided

2 tablespoons extra-virgin olive oil

2 cups diced onion

4 cloves garlic, minced

1/3 cup all-purpose flour

3 1/2 cups low-sodium chicken broth

6 ounces reduced-fat cream cheese

2 teaspoons Worcestershire sauce

Directions

Step 1

Preheat oven to 300 degrees F. Coat a 9-by-13-inch baking dish with cooking spray.

Step 2

Tear bread into pieces and process in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake until dry and crispy, about 10 minutes.

Step 3

Meanwhile, bring 1 to 2 inches of water to a boil in a large pot fitted with a steamer basket. Steam broccoli until just tender, 4 to 6 minutes. Chop coarsely and spread evenly in the prepared baking dish.

Step 4

Increase oven temperature to 350 degrees F.

Step 5

Heat 1 tablespoon butter and the oil in a large saucepan over medium-high heat. Add onion and garlic; cook, stirring frequently, until soft and

¾ teaspoon ground pepper

½ teaspoon salt

2 cups shredded Colby Jack cheese, divided

translucent, 3 to 5 minutes. Sprinkle flour over the vegetables and cook for 1 minute. While stirring, slowly pour in chicken broth. Cook, stirring occasionally, until thickened, about 3 minutes. Stir in cream cheese, Worcestershire, pepper and salt, cook, stirring, until smooth, about 2 minutes. Remove from heat and stir in 1 1/2 cups cheese. Pour the cheese sauce over the broccoli.

Step 6

Melt the remaining 2 tablespoons butter. Combine the melted butter and the breadcrumbs in a medium bowl. Spread evenly over the broccoli mixture. Top with the remaining 1/2 cup cheese.

Step 7

Bake until the cheese is melted and the sauce is bubbling around the edges, 25 to 30 minutes.

Nutrition Facts

Serving Size: 3/4 Cup **Per Serving:** 225 calories; protein 10.9g; carbohydrates 13.1g; dietary fiber 3.2g; sugars 2.1g; fat 15.1g; saturated fat 7.8g; cholesterol 24.9mg; vitamin a iu 2623.1IU; vitamin c 72.9mg; folate 76.3mcg; calcium 214.7mg; iron 1.4mg; magnesium 33.7mg; potassium 411.5mg; sodium 330.9mg; thiamin 0.1mg. **Exchanges:** 1 1/2 Fat, 1 1/2 Fat, 1/2 Starch, 1/2 High-Fat Protein