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# Almond-Broccoli Casserole

Bonnie Welch and Deanna White

*Kitchen Keepsakes - Castle Rock, CO - 1989*

*To toast the almonds; Arrange the almonds in a pie plate in a 350 degree oven. Shake occasionally. Toast to a golden brown.*

**2 packages (10 ounce ea) frozen broccoli stalks**  
**1 can (8 ounce) small whole onions, drain and reserve the juice**  
**1 tablespoon lemon juice**  
**2 tablespoons butter**  
**2 tablespoons flour**  
**1 tablespoon sugar**  
**1/2 teaspoon salt**  
**1 cup milk**  
**1/2 cup grated Parmesan cheese**  
**1/8 cup white wine**  
**1/8 cup reserved lemon juice**  
**1/2 cup toasted slivered almonds**

In a saucepan, cook the broccoli in boiling salted water for 8 minutes. Drain.

Arrange the broccoli and onions in the bottom of a buttered casserole. Sprinkle with lemon juice.

In a saucepan, melt the butter. Stir in the flour. Add the milk, sugar and salt. Stir until thick and smooth. Blend in the Parmesan cheese, wine and onion juice. Pour over the broccoli and onions. Sprinkle with toasted almonds.

Bake, uncovered, at 350 degrees for 25 minutes.

Yield: 6 to 8 servings

## Side Dishes

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*Per Serving (excluding unknown items): 1091 Calories; 80g Fat (65.1% calories from fat); 41g Protein; 55g Carbohydrate; 9g Dietary Fiber; 127mg Cholesterol; 2174mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 0 Fruit; 1 Non-Fat Milk; 13 1/2 Fat; 1 Other Carbohydrates.*