

Side Dishes

Broccoli and Cauliflower Gratin

Integrated Marketing Services, Apopka, FL

Servings: 6

Preparation Time: 10 minutes

Cook time: 30 minutes

1 package (16 oz) fresh broccoli and cauliflower florets

1/2 cup reduced-fat mayonnaise

1/2 cup (2 oz) reduced-fat Cheddar cheese, shredded

1/2 cup (2 oz) Parmesan cheese, shredded

3 green onions, sliced

1 clove garlic, minced

1 tablespoon Dijon mustard

1/8 teaspoon cayenne

2 tablespoons Italian breadcrumbs

1/4 teaspoon paprika

Preheat the oven to 350 degrees.

Place florets in a steamer basket over boiling water. Cover and steam for 6 to 8 minutes or until crisp-tender. Drain well.

Coat a 2-quart baking dish with nonstick cooking spray. Place the florets in the baking dish. Set aside.

In a small bowl, stir together the mayonnaise, Cheddar, Parmesan, green onions, garlic, mustard and cayenne. Spoon over the florets. Sprinkle with the breadcrumbs and paprika.

Bake for 20 to 25 minutes or until golden.

Serve hot.

Per Serving (excluding unknown items): 61 Calories; 6g Fat (82.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.