Broccoli and Parmesan Casserole

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Servings: 8
A short boil of the broccoli preserves the bright color for the dish.

8 cups (2 pounds) broccoli florets, coarsely chopped
1/3 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon dry mustard
1 1/2 cups fat-free milk
1 cup fat-free low-sodium chicken broth
1 cup (4 oz) reduced-fat extra-sharp cheddar cheese, shredded
1/2 cup (2 oz) Parmesan cheese, grated and divided
2 tablespoons diced pimientos, drained
1/4 teaspoon freshly ground black pepper
cooking spray
12 rounds garlic melba toast

Preheat the oven to 400 degrees.

Cook the broccoli in boiling water for 3 minutes or until crisp-tender. Drain.

Lightly spoon the flour into a dry measuring cup and level with a knife.

In a large heavy saucepan over medium heat, place the flour, salt and dry mustard. Gradually add the fat-free milk and chicken broth, stirring with a whisk until blended. Cook for 8 minutes or until it is thick, stirring constantly.

Remove from the heat. Add the cheddar and six tablespoons of the Parmesan cheese, stirring until melted.

Stir in the pimientos and pepper.

Add the broccoli. Toss to coat.

Spoon the broccoli mixture into a 13x9-inch glass baking dish coated with cooking spray.

Place the garlic melba toast rounds in a food processor. Pulse 10 times or until coarse crumbs measure one cup. Combine the toast crumbs and the remaining two tablespoons of the Parmesan cheese. Sprinkle evenly over the broccoli mixture.

Spray the top of the casserole lightly with cooking spray.

Bake for 15 minutes or until bubbly.

Let stand for 5 minutes before serving.

Per Serving (excluding unknown items): 24 Calories; trace Fat (7.1% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 76mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.