

Broccoli Casserole VI

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St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

3 packages frozen broccoli

*1 can sliced mushrooms,
drained*

*1 can cream of chicken
soup*

grated cheese

lemon juice

1 package slivered almonds

1/2 soup can milk

Preheat the oven to 400 degrees.

Cook the broccoli until tender. Spread the broccoli in a 9x13-inch casserole dish.

Sprinkle with lemon juice and add the mushrooms and almonds.

In a bowl, blend the soup and milk. Pour over the top of the broccoli. Sprinkle the top with cheese.

Bake for 20 minutes or until the cheese melts and is bubbly.

Per Serving (excluding unknown items): 177 Calories; 15g Fat (70.2% calories from fat); 6g Protein; 8g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 177mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.