

Broccoli Casserole II

Wynne Goldberg Littman

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*1/4 cup chopped onion
6 tablespoons butter
2 teaspoons flour
1/2 cup water
1 jar (8 ounce) Cheez Whiz
2 packages chopped
broccoli, thawed and
squeezed
3 eggs, well beaten
cracker crumbs*

In a skillet, fry the onion in four tablespoons of butter. Add the flour and water. When thick, add the cheese.

In a bowl, combine the sauce with the broccoli. Add the eggs.

Pour the mixture into a greased casserole dish. Top with buttered crumbs, using the remaining two tablespoons of butter.

Bake for 45 to 50 minutes.

Per Serving (excluding unknown items): 915 Calories; 85g Fat (81.3% calories from fat); 26g Protein; 18g Carbohydrate; 6g Dietary Fiber; 822mg Cholesterol; 965mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 15 Fat.