

# Broccoli-Cheddar Casserole

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## **Servings: 4**

*1/2 cup milk*

*1/4 cup sour cream*

*1/4 to 1/2 teaspoon crushed red pepper flakes (to taste)*

*freshly ground black pepper*

*1 can (10-1/2 ounce)*

*condensed cream of*

*mushroom soup*

*1 bag (16 ounce) frozen*

*broccoli florets, lightly steamed*

*1 1/2 cups French fried*

*onions, divided*

*1 1/2 cups shredded*

*cheddar cheese, divided*

## **Preparation Time: 10 minutes**

Preheat the oven to 350 degrees.

In a 1-1/2 quart casserole dish, mix the milk, sour cream, crushed red pepper, black pepper and soup. Stir in the broccoli, 2/3 cup of the fried onions and 2/3 cup of the shredded cheese, combining thoroughly.

Bake for 20 minutes.

Stir the filling then top with the remaining 2/3 cup of the cheese and 2/3 cup of the onions.

Return to the oven to bake for 5 to 10 more minutes until the topping is golden brown and the cheese is melted.

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Per Serving (excluding unknown items): 299 Calories; 24g Fat (71.4% calories from fat); 13g Protein; 8g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 903mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat.