

# Escalloped Broccoli

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 packages frozen chopped  
broccoli  
1 1/2 sticks shortening or  
margarine, divided  
1/2 pound Velveeta cheese,  
chopped or grated  
1/4 pound crackers,  
crushed*

Preheat the oven to 350 degrees.

In a pot, cook the broccoli. Drain.

Add one stick of margarine and the Velveeta cheese. Mix well. Pour into a greased casserole dish.

In a bowl, mix the crackers with 1/2 stick of melted butter. Sprinkle the cracker mixture over the top of the broccoli.

Bake for 20 to 30 minutes.

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Per Serving (excluding unknown items): 493 Calories; 13g Fat (24.6% calories from fat); 10g Protein; 81g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1478mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Vegetable; 2 1/2 Fat.