

Seafood

Tuna and Broccoli Bake

Betty Crocker Best-Loved Casserole

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 55 minutes

2 cups fresh broccoli florets

2 cans (5 oz) tuna in water, drained

2 cups (8 oz) Cheddar cheese, shredded and divided

3/4 cup Original Bisquick mix

3/4 cup sour cream

3/4 cup milk

3 eggs

Preheat oven to 350 degrees.

Spray a 8-inch square baking dish with cooking spray.

Sprinkle broccoli, tuna and 1 1/2 cups of the cheese into the baking dish.

In a large bowl, stir Bisquick mix, sour cream, milk and eggs with a wire whisk or fork until blended. Pour into baking dish.

Bake, uncovered, for 30 to 40 minutes or until knife inserted in center comes out clean.

Sprinkle with remaining cheese.

Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 336 Calories; 23g Fat (60.7% calories from fat); 28g Protein; 5g Carbohydrate; 1g Dietary Fiber; 178mg Cholesterol; 480mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.