

Broccoli Cauliflower Casserole

This creamy casserole can be made a day ahead, refrigerated and then baked just before dinner. Using frozen vegetables makes this dish a cinch.

Ingredients

Serves: Makes 10 servings.

- 1/2 cup plain dry bread crumbs
- 1/4 cup plus 2 tablespoons grated Parmesan cheese, divided
- 2 tablespoons butter, melted
- 1 1/2 teaspoons McCormick® Perfect Pinch® Italian Seasoning, divided
- 1 package (16 ounces) frozen broccoli florets, thawed
- 1 package (16 ounces) frozen cauliflower florets, thawed
- 2 tablespoons butter
- 1 large onion, chopped (1 cup)
- 2 tablespoons flour
- 1 teaspoon McCormick® Garlic Salt
- 1/4 teaspoon McCormick® Black Pepper, Coarse Ground
- 1 1/4 cups milk
- 4 ounces (1/2 package) cream cheese, cubed

Directions

- L** 20 mins Prep time
- 40 mins Cook time

Preheat oven to 350°F. Mix bread crumbs, 2 tablespoons of the Parmesan cheese, 2 tablespoons melted butter and 1/2 teaspoon of the Italian seasoning in small bowl. Set aside. Cut up any large broccoli or cauliflower florets into bite-size pieces.

Melt 2 tablespoons butter in large skillet on medium heat. Add onion; cook and stir about 5 minutes or until tender. Stir in flour, remaining 1 teaspoon Italian seasoning, garlic salt and pepper. Add milk; cook and stir until thickened and bubbly. Add cream cheese and remaining 1/4 cup Parmesan cheese; cook and stir until cream cheese is melted. Add vegetables; toss gently to coat. Spoon into 2-quart baking dish. Sprinkle top evenly with crumb mixture.

Bake 40 minutes or until heated through and top is lightly browned.



BROCCOLI CASSEROLE

INGREDIENTS:

- 1 bag frozen broccoli cuts
- 1 onion (chopped finely)
- 1 8oz container of cream cheese
- ¼ cup butter
- ¼ cup breadcrumbs

DIRECTIONS:

1. Boil broccoli until tender.
3. Put broccoli into greased casserole dish.
4. Cut up onion into very small pieces (minced).
5. "Melt" cream cheese, butter, and onion in the microwave for 2 minutes until soft and creamy. Stir to combine.
6. Pour cream cheese and onion mixture over broccoli.
7. Cover with breadcrumbs.
8. Bake at 300 for 30 minutes.

Green Bean Casserole



1 can (10 ½ oz.) cream of mushroom soup
1 can (3 ½ oz) French fried onions
2 cans (16oz.) French style green beans, drained
Dash of pepper

1. In 1-quart casserole, stir soup until smooth.
2. Mix in ½ of the can of onions, the green beans and pepper.
3. Bake in a 350° oven 20 minutes or until bubbling.
4. Top with remaining ½ can of onions.
5. Bake 5 minutes more.

Serves 6

Sweet Potato Casserole

2 Cans (18 oz. each) Sweet potatoes, drained
1 egg
¼ C. orange juice
3 T. butter, softened
2 T. Packed light brown sugar
¼ tsp. salt
1/8 tsp. Cinnamon
26 marshmallows



Measure all ingredients except marshmallows into mixing bowl.

Beat until fluffy.

Spoon into greased 1 ½ quart casserole.

Bake, uncovered at 350° for 25 minutes.

Remove from oven and top with marshmallows.

Continue baking until marshmallows are puffed and lightly brown.

Serves 8-10

Pennsylvania Red Cabbage

EASY

Serve this crisp, tangy side dish with baked fish or pot roast.

- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 tablespoon cooking oil
- 1/4 teaspoon caraway seed
- 2 cups shredded red or green cabbage
- 3/4 cup coarsely chopped apple

In a large skillet stir together brown sugar, vinegar, oil, caraway seed, 2 tablespoons water, 1/4 teaspoon salt, and dash pepper. Cook for 2 to 3 minutes or till hot, stirring occasionally. Stir in cabbage and apple. Cook, covered, over medium-low heat for 10 to 12 minutes or till crisp-tender, stirring occasionally. Serves 3 or 4.

Microwave directions: In a 1-quart casserole stir together 1 tablespoon brown sugar, 1 tablespoon vinegar, 1 tablespoon water, 1 teaspoon cooking oil, 1/8 teaspoon caraway seed, 1/8 teaspoon salt, and dash pepper. Micro-cook, uncovered, on 100% power (high) for 1 to 2 minutes or till sugar dissolves, stirring once. Stir in cabbage and apple. Cook, covered, on high for 3 to 5 minutes or till crisp-tender, stirring twice.

Pecan-Cabbage Toss

- 4 cups coarsely shredded cabbage
- 1/2 cup shredded carrot
- 1/4 cup sliced green onion
- 1 tablespoon margarine or butter, melted
- 1 teaspoon Dijon-style mustard
- 1/4 cup chopped pecans, toasted

In a large saucepan combine cabbage, carrot, onion, 2 tablespoons water, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Toss to mix. Cook, covered, over medium heat for 5 to 7 minutes or till crisp-tender, stirring once. Drain. Combine margarine and mustard. Stir in pecans. Pour over cabbage mixture; toss. Season to taste. Serves 4.

Microwave directions: In a 1 1/2-quart casserole micro-cook cabbage, carrot, onion, 2 tablespoons water, 1/8 teaspoon salt, and 1/8 teaspoon pepper, covered, on 100% power (high) for 5 to 7 minutes or till vegetables are crisp-tender, stirring once. Drain. Combine margarine and mustard. Stir in pecans. Pour over cabbage mixture; toss to mix. Season to taste.

Brown-Sugar-Glazed Carrots

- 3/4 pound small or medium carrots, parsnips, or turnips, peeled
- 1 tablespoon margarine or butter
- 1 tablespoon brown sugar

Cut carrots or parsnips in half both crosswise and lengthwise. (Or, cut turnips into 1/2-inch cubes.) In a medium saucepan cook carrots or parsnips, covered, in a small amount of boiling water for 7 to 9 minutes (10 to 12 minutes for turnips) or till crisp-tender. Drain vegetables; remove from pan.

In the same saucepan combine margarine or butter, brown sugar, and dash salt. Stir over medium heat till combined. Add carrots, parsnips, or turnips. Cook, uncovered, about 2 minutes or till glazed, stirring frequently. Season to taste with pepper. Makes 4 servings.

Sweet-and-Sour Carrots **FAST**

- 3 cups sliced carrots or frozen crinkle-cut carrots
- 4 green onions, cut into 1/2-inch pieces
- 1/4 cup unsweetened pineapple juice
- 2 tablespoons honey
- 2 tablespoons margarine or butter
- 1 tablespoon vinegar
- 1 teaspoon cornstarch
- 1 teaspoon soy sauce

In a medium saucepan cook fresh carrots, covered, in a small amount of boiling water for 7 to 9 minutes or till crisp-tender. (Or, cook frozen carrots according to package directions.) Drain; remove from pan. In the same saucepan combine onions, juice, honey, margarine, vinegar, cornstarch, and soy sauce. Cook and stir till bubbly. Add carrots. Cook and stir till heated through. Makes 4 servings.

Microwave directions: In a 1 1/2-quart casserole micro-cook fresh carrots and 2 tablespoons water, covered, on 100% power (high) for 7 to 10 minutes or till crisp-tender. (Or, cook frozen carrots according to package microwave directions.) Drain; remove from casserole. In the same casserole combine onions, pineapple juice, honey, margarine, vinegar, cornstarch, and soy sauce. Cook, covered, on high for 2 to 3 minutes or till bubbly, stirring every 30 seconds. Stir in carrots. Cook about 1 minute more or till hot.

BROCCOLI AND CHEESE CASSEROLE

Here's a fabulous side dish that pairs well with almost any entree. Broccoli is mixed with a flavorful cheese sauce, topped with buttered bread crumbs and baked to perfection - all in less than 45 minutes!

Makes: 6 servings

Prep: 10 mins

Bake: 30 mins

Ingredients

- 1 10 3/4 ounce can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1/2 cup milk
- 2 teaspoons yellow mustard
- 1 16 ounce bag frozen broccoli flowerets, thawed
- 1 cup shredded cheddar cheese (4 ounces)
- 1/3 cup dry bread crumbs
- 2 teaspoons butter, melted

Directions

1. Stir the soup, milk, mustard, broccoli and cheese in a 1 1/2-quart casserole.
2. Stir the bread crumbs and butter in a small bowl. Sprinkle the crumb mixture over the broccoli mixture.
3. Bake at 350 degrees F. for 30 minutes or until the mixture is hot and bubbling.

Tip **Rice Is Nice:**

- Add 2 cups cooked white rice to the broccoli mixture before baking.
-

Tip **Cheese Change-Up:**

- Substitute mozzarella cheese for the Cheddar.