

## Broccoli Casserole

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Carolyn T's  
Cookbook

Servings: 6



*Notes: This can be made with egg substitutes, non-fat mayo and less butter, and it's still quite tasty, but this is close to the original recipe (I added more onion). I think this originally came from a Sunset magazine or cookbook. I've probably made this casserole 50 times, at least. It's amazing to me what a few simple ingredients mixed together can do.*

### Preparation Time: 30 minutes

1. Preheat oven to 350. Cook broccoli in a little water until barely done. Drain and set aside. Meanwhile, make a white sauce: in a saucepan melt the butter, add flour, salt, pepper and then milk all at once. Stir until thickened. Add the mayo, onion and eggs. Gently stir in the broccoli and pour into a buttered baking dish.
2. Place that pan in a larger pan of hot water and bake for 30-45 minutes (depends on how deep the dish is), until knife inserted in the middle comes out clean. It may still be a little jiggly, but if the knife comes out clean it will continue cooking for several minutes.

**10 ounces chopped broccoli, frozen**

**3 tablespoons butter**

**3 tablespoons flour**

**1/4 teaspoon salt**

**1 dash pepper**

**1/4 cup onion, minced**

**3/4 cup mayonnaise**

**3 whole eggs, beaten**

Categories: Holiday, Vegetables/Sides

**Carolyn T's Blog:**

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 314 Calories; 32g Fat (86.3% calories from fat); 5g Protein; 6g Carbohydrate; 2g Dietary Fiber; 131mg Cholesterol; 350mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.*