

Broccoli-Cauliflower-Carrot Bake



- Serves 12 ½ Cup Per Serving

Ingredients:

- 3 cups broccoli raw
- 2 cups cauliflower, raw
- 1 cup frozen whole small onions or 3 medium onions quartered
- 1 cups carrots
- 4 tablespoon butter
- 2 tablespoons flour
- Dash pepper
- 1 cups milk
- 1 package (30 oz) cream cheese, softened
- ½ cup sharp cheddar cheese, shredded
- ½ cup soft bread crumbs

Directions:

Wash and cut vegetables; steam until crisp but tender. Drain. In saucepan, melt 2 tablespoons of the butter; blend in flour and pepper. Add milk. Cook and stir until bubbly and thick. Reduce heat; blend in cream cheese until smooth. Place vegetables in 1 ½ quart casserole dish. Pour sauce over and mix lightly. Top with shredded cheese. Bake 15 minutes at 350 °F. Mix together the bread crumbs and remaining butter and sprinkle on casserole. Bake an additional 25 minutes.

Analysis		Renal and Renal Diabetic Exchanges	
Calories 116	Sodium 130 mg	1 Medium Vegetable	
Carbohydrates 7 grams	Potassium 225 mg	½ Meat	
Protein 3.9 grams	Phosphorus 83 mg	1 Fat	
Fat 9 grams			