

Broccoli Casserole

adapted from

<http://www.thekitchn.com/thekitchn/recipe-broccoli-casserole-102381>

Ingredients

2 tbsp. butter
8 oz. package fresh sliced button mushrooms
1 cup diced onions
1 tbsp. flour
½ cup skim milk
½ cup chicken or vegetable broth
~ 1/4 tsp. salt, to taste
~ 1/4 tsp. pepper, to taste
~ 1 tsp. Penzey's Bavarian seasoning, to taste
5 cups raw broccoli, OR 2 (10-ounce) packages frozen chopped broccoli, cooked and drained
½ cup mayonnaise
½ cup plain yogurt
1 1/4 cup shredded cheese, such as low fat Mexican blend or cheddar
2 eggs, lightly beaten
1 cup breadcrumbs

Preparation

In a skillet melt 2 tablespoons of the butter and brown the mushrooms and onions. Remove the mushrooms and onions and set aside. Make a roux by sprinkling the flour in the pan and cooking it in the remaining butter until it is nicely browned and becomes smooth like peanut butter - add more butter if needed. Mix together the milk and the broth and heat slightly in microwave. Whisk in small amounts of the milk and the broth, adding more as it is absorbed, and bring to a slow bubble, whisking all the while, until it gets thick. Add the mushrooms and onions back in along with seasonings, and stir to mix. This is your "cream of mushroom soup" substitute.

Preheat oven to 350 degrees F. Spray a 9x9-inch glass baking dish with cooking spray.

In a large mixing bowl, combine broccoli, mayonnaise, cheese, mushroom roux, and eggs. Combine and place in the baking dish. Top evenly with bread crumbs. Bake for 45 minutes or until set and browned.