

RECIPE: Broccoli Cauliflower Casserole

TEMPERATURE: 400° till golden **TIME:** 1 Hour



INGREDIENTS:

2LBS BROCCOLI
2LBS CAULIFLOWER
1LB OF CHEDDAR CHEESE
4 CUPS OF MILK
4 TBS BUTTER
4 TBS FLOUR
1 CUP CRUSHED RITZ CRACKERS

DIRECTIONS:

- Cut the broccoli and cauliflower into florets.
- Boil in hot water till just tender.
- Drain well and place in casserole dish.
- Crush the ritz crackers. (set aside)
- Melt the butter in a frying pan, add the flour to make a roux.
- Gradually add the milk as it thickens.
- Once you have a gravy like consistency add the shredded cheddar cheese.
- Once all the cheese is melted and mixed thoroughly pour over the veggies in the casserole dish... cover with ritz crackers and bake in the oven till golden brown.

RECIPE: Cheesy Scalloped Potatoes

TEMPERATURE: 400°

TIME: 1.5 HOURS



INGREDIENTS:

2LBS RUSSET POTATOES SLICED
1 OION CHOPPED
3 TBS SALTED BUTTER
3 TBS FLOUR
2 CUPS WHOLE MILK
1 ½ CUPS SHREDDED CHEDDAR CHEESE

DIRECTIONS:

- Lightly spray an 8×8-inch casserole dish with nonstick cooking spray.
- Arrange the potatoes in the prepared baking dish, and then sprinkle with the chopped onion.
- In a medium-size saucepan, melt butter over medium heat. Mix in the flour and stir constantly with a whisk for one minute. Stir in milk. Cook until mixture has thickened.
- Stir in cheese all at once and continue stirring until melted and smooth.
- Pour the cheese sauce over the potatoes and cover the dish with aluminum foil.
- Bake for 85-90 minutes, or until the potatoes are tender.
- For a crisp topping, change the oven setting to broil after the potatoes are baked, broil until golden brown.