



BROCCOLI CHEESE CASSEROLE

preheat oven to 350°

1 C. chopped onion
3-4 cloves garlic, chopped
2 C. broccoli, chopped
1 C. sliced mushrooms
1 C. shredded mozzarella

**In lightly greased 1½ quart
casserole, gently toss
together veggies and cheese.**

6 eggs
½ C. skim milk
½ C. sour cream
3 tablespoons flour
¼ tsp. cayenne pepper

**Thoroughly beat together
eggs, milk, sour cream & flour.
Pour over veggies & cheese.
Bake at 350°F until inserted
knife comes out clean, 50-60
min. Cool slightly & serve.**