

# Broccoli & Cauliflower Casserole



This cheesy, creamy broccoli and cauliflower casserole carries the perfect amount of sauce to enhance the flavors of the veggies without covering them up. A crunchy, buttery topping adds texture to this easy casserole that will be loved by children and adults alike.

**Active:** 20 mins

**Total:** 45 mins

**Servings:** 8



Antonis Achilleos

## Ingredients

- 1 (2 pound) head cauliflower, trimmed and cut into 1-inch florets
- 1 pound broccoli florets, cut into 1-inch pieces
- ¼ cup unsalted butter, divided
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 2 ounces reduced-fat cream cheese, at room temperature
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 cup shredded sharp white Cheddar cheese
- ¾ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese

## Directions

Preheat oven to 375°F. Coat a 2-quart baking dish with cooking spray; set aside.

Add 1 inch of water to a large stockpot fitted with a steamer basket; cover and bring to boil. Add cauliflower florets first, then top with broccoli florets; steam, covered, until slightly tender, about 6 minutes. Remove the vegetables from the pot; set aside. Discard the water and clean the pot.

Heat 2 tablespoons butter in the pot over medium heat. Add flour and cook, stirring constantly, until nutty, about 1 minute. Gradually stir in milk, whisking constantly, until simmering. Whisk in cream cheese, garlic powder, onion powder, pepper and salt. Cook, whisking constantly, until thickened and smooth, about 2 minutes. Reduce heat to low and gradually add Cheddar, whisking until melted after each addition. Remove from heat. Add the broccoli and cauliflower to the sauce and stir to coat. Transfer to the prepared baking dish.

Microwave the remaining 2 tablespoons butter in a medium microwaveable bowl on High until melted, about 25 seconds. Stir in panko and Parmesan until fully coated; sprinkle evenly over the casserole. Bake until golden brown and bubbly, 25 to 30 minutes. Let stand for 5 minutes before serving.

## Nutrition Facts

**1. NUTRITION FACTS**

**Serving Size:** about 3/4 cup

**Per Serving:** 246 calories; fat 15g; cholesterol 44mg; sodium 319mg; carbohydrates 17g; dietary fiber 3g; protein 11g; sugars 6g; niacin equivalents 1mg; saturated fat 9g; vitamin a iu 2252IU; potassium 451mg.

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