Frozen Broccoli Five Ways

Cream of Broccoli Soup
- Frozen broccoli
- Chicken broth
- Milk (non-fat)
- Onion
- Thyme
- Bay leaves
- Margarine
- Flour
- Salt
- Pepper
- Garlic powder

Brag About it Bread Bake
- Frozen broccoli
- Eggs
- Egg whites
- Milk (non-fat)
- Cheddar cheese (low-fat)
- Onion
- Bread
- Chicken

Magic Crust Quiche
- Frozen broccoli
- Onion
- Cauliflower
- Cheddar cheese (low-fat)
- Eggs
- Milk (low-fat)
- Vegetable oil

Broccoli and Corn Bake
- Frozen broccoli
- Cream-style corn
- Egg
- Margarine
- Saltine crackers

Macaroni and Cheese with Broccoli
- Frozen broccoli
- Elbow macaroni
- Flour
- Milk (low-fat)
- Cheddar cheese (low-fat)
- Pepper

Find these broccoli recipes here: https://choosemyplate.gov/5-ways-series