

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

