

# Impossible Broccoli and Cheddar Appetizers

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*2009 St. Lucie Council of Catholic Women - Port St. Lucie, FL*

## **Yield: 30 appetizers**

*1 package (10 ounce) frozen chopped broccoli, thawed and drained*

*1 can (8 ounce) whole-kernel corn, drained*

*1 small (about 1/4 cup) onion, chopped*

*1/2 cup walnuts, coarsely chopped*

*1/2 cup milk*

*1/4 cup margarine or butter, melted*

*2 eggs*

*1/2 cup Bisquick baking mix*

*1/4 teaspoon garlic salt*

*1 cup (4 ounces) cheddar cheese, shredded*

Preheat the oven to 375 degrees.

Lightly grease a 9x9x2-inch square pan.

In a bowl, mix the broccoli, corn, onion and walnuts. Place in the pan.

Beat the remaining ingredients, except the cheese, in a blender on HIGH for 15 seconds until smooth, stopping the blender frequently to scrape the sides if necessary (or in an electric mixer on HIGH for one minute). Pour evenly into the pan.

Bake for 23 to 25 minutes or until a knife inserted in the center comes out clean. Sprinkle with cheese and bake until the cheese is melted, about 2 to 3 minutes longer. Cool for 30 minutes.

Cut into triangles or squares.

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Per Serving (excluding unknown items): 1508 Calories; 133g Fat (77.5% calories from fat); 62g Protein; 25g Carbohydrate; 5g Dietary Fiber; 684mg Cholesterol; 1888mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 21 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

**Calories (kcal):**

1508

**Vitamin B6 (mg):**

.7mg

