

Broccoli Cornbread

Nancy Stiefel

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 12

*1 box frozen chopped
broccoli, thawed
1 medium onion, chopped
4 eggs
1 cup cottage cheese
1 stick butter, melted
2 boxes corn muffin mix*

Preheat the oven to 375 degrees.

In a bowl, beat the eggs. Add the cottage cheese and melted butter. Mix well.

Add the corn muffin mix. Add the broccoli and onion.

Spread the mixture in a greased 13x9-inch baking dish.

Bake for 35 to 40 minutes, until lightly browned.

Serve as a vegetable accompaniment.

You can use two to three cups of fresh broccoli for this recipe. If you choose to do so, mix the fresh broccoli with the chopped onion. Microwave for 2 minutes on HIGH before commencing preparation.

Per Serving (excluding unknown items): 192 Calories; 12g Fat (56.4% calories from fat); 6g Protein; 15g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 387mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 2 Fat; 1 Other Carbohydrates.