
Cauliflower and Carrot Casserole

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 package (10 ounce) frozen cauliflower or 1/2 head of fresh cauliflower

4 to 5 medium carrots

1 can (10-1/2 ounce) cream of mushroom soup

1/2 cup grated Cheddar cheese

Parmesan cheese

Cook the cauliflower according to package directions (or boil fresh cauliflower until tender). Boil the carrots until tender.

Place the carrots and cauliflower, broken down into flowerets, into a 1-1/2 quart casserole dish. Mix in the mushroom soup and Cheddar cheese. Sprinkle the Parmesan cheese on top.

Bake at 350 degrees for 30 minutes.

Yield: 4 to 5 servings

Side Dishes

Per Serving (excluding unknown items): 358 Calories; 28g Fat (70.3% calories from fat); 16g Protein; 10g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 1384mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 4 Fat.