

# Cauliflower-Broccoli Cheese Bake

*Devin Mullert - Napa, CA*

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## Servings: 9

*2 tablespoons butter*  
*1 small onion, chopped*  
*2 tablespoons all-purpose flour*  
*1/2 cup 2% milk*  
*1 package (8 ounce) process cheese, cubed*  
*1/4 teaspoon salt*  
*3 large eggs, lightly beaten*  
*2 packages (12 ounce ea) frozen broccoli-cauliflower blend, thawed*

## Preparation Time: 15 minutes

## Bake Time: 50 minutes

Preheat the oven to 325 degrees.

In a Dutch oven, heat the butter over medium-high heat. Add the chopped onion. Cook and stir until tender, 2 to 3 minutes. Stir in the flour until blended. Gradually whisk in the milk. Bring to a boil, stirring constantly. Cook and stir until thickened, 1 to 2 minutes. Stir in the cheese and salt until the cheese is melted.

Remove from the heat. Gradually whisk in the eggs. Stir in the vegetable blend. Transfer to a greased eight-inch square baking dish.

Bake, uncovered, until set, 50 to 60 minutes.

Let stand 10 minutes before serving.

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Per Serving (excluding unknown items): 65 Calories; 5g Fat (62.6% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 116mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.