

Easy Cauliflower & Broccoli au Gratin

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Servings: 10

*5 cups large broccoli florets
4 cups large cauliflower florets
1/2 cup water
4 ounces cream cheese, cubed
1/4 cup milk
1/2 cup sour cream
1 1/2 cups sharp cheddar cheese,
shredded
10 (1/3 cup) crackers, crusher
3 tablespoons grated Parmesan cheese*

In a two-quart microwaveable casserole, combine the broccoli and cauliflower. Add the water. Cover with a lid. Microwave on HIGH for 8 to 10 minutes or until the vegetables are tender. Drain.

In a two-cup microwaveable measuring cup or medium bowl, microwave the cream cheese and milk for 1 minute or until the cream cheese is melted and the mixture is well blended when stirred.

Stir in the sour cream. Pour over the vegetables. Sprinkle with the cheddar cheese. Microwave for 2 minutes or until melted.

In a bowl, mix the cracker crumbs and Parmesan cheese. Sprinkle over the vegetables.

Per Serving (excluding unknown items): 486 Calories; 22g Fat (40.9% calories from fat); 13g Protein; 58g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 1203mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 4 Fat.