

## Broccoli Casserole

Serves: 4

### Ingredients:

- 1 can (10 ½ ounces) reduced-fat cream of mushroom soup
- 3 packages (10 ounces) frozen chopped broccoli, cooked
- dash of black pepper
- ½ cup fat-free egg substitute or 3 egg whites
- 1 cup fat-free mayonnaise
- 2 tablespoons minced onions
- 6 reduced-fat Ritz, Triscuit or Saltine crackers, crushed
- ½ cup shredded low-fat cheddar cheese

### Directions:

In a large bowl, combine the broccoli, egg substitute, soup and mayonnaise. Stir in the cheddar, onions, and pepper. Coat a 2-quart casserole with nonstick spray, and pour in the broccoli-cheese mixture. Sprinkle the crushed crackers over the top and bake at 350 degrees until the sauce is hot and bubbly, about 30 minutes.

### Nutrients per serving:

Calories	153
Total Fat	4 g
Cholesterol	7 mg

Courtesy of: Prevention and [www.applesforhealth.com](http://www.applesforhealth.com)