

Broccoli-Cheese Casserole

Ingredients:

- 10oz pkg frozen chopped broccoli, thawed and drained
- 1 pkg dry Ranch Salad Dressing Mix
- 1 cup sour cream
- 1 cup heavy cream
- ½ cup shredded Monterey jack cheese
- ¼ cup chopped almonds
- 1 Tbsp butter, melted

Directions:

1. Pre-heat oven to 350°F.
2. Place broccoli in greased shallow baking dish.
3. In medium bowl, whisk together salad dressing mix, sour cream, and heavy cream.
4. Drizzle ¾ cup dressing mixture over broccoli (reserve remaining dressing for another use).
5. Top with cheese and cover loosely with foil.
6. Bake until heated through, about 15-20 minutes.
7. Combine chopped almonds and butter. Uncover casserole and sprinkle nut mixture on top during last 5 minutes of baking. Do NOT cover with foil again.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 6g