

Cheesy Vegetable Casserole

Oshkosh Community YMCA

This Cheesy Vegetable Casserole is an absolute showstopper! Packed with broccoli, cauliflower, water chestnuts, and bean sprouts, it's then smothered in a gooey layer of cheddar and mozzarella cheese.

Ingredients:

- 16 ounce package frozen cauliflower, thawed
- 16 ounce package frozen broccoli, thawed
- 8 ounce canned sliced water chestnuts, drained
- 8 ounce canned bean sprouts, drained
- 10.5 ounce can cream of mushroom soup
- 1 cup mayonnaise
- 1 yellow onion, diced
- 2 eggs, beaten
- 1 teaspoon salt
- Dash of Pepper
- 8 ounces cheddar cheese, grated
- 8 ounces mozzarella cheese, grated



Instructions:

1. Preheat oven to 350 degrees Fahrenheit. Grease a 9×13 inch glass baking dish with non-stick spray. Set aside.
2. In a mixing bowl combine soup, eggs, onions, mayonnaise, salt & pepper.

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Recipe source <https://www.julieseatsandtreats.com/broccoli-cauliflower-casserole>

3. In prepared glass dish put half of the broccoli, cauliflower, bean sprouts & water chestnuts. Pour half of the combined soup mixture over the cauliflower mixture. Then sprinkle half the cheese on top. Repeat layer.
4. Bake in preheated oven at 350 degrees Fahrenheit for an hour to a hour and fifteen minutes or until the cheese is golden brown on top and the vegetables are cooked through.

Nutrition:

Calories: 333kcal (17%), Carbohydrates: 10g (3%), Protein: 13g (26%), Fat: 26g (40%), Saturated Fat: 9g (56%), Cholesterol: 71mg (24%), Sodium: 767mg (33%), Potassium: 374mg (11%), Fiber: 2g (8%), Sugar: 3g (3%), Vitamin A: 605IU (12%), Vitamin C: 55.4mg (67%), Calcium: 269mg (27%), Iron: 1.4mg (8%)

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.