

Cheesy Vegetable Casserole Oshkosh Community YMCA

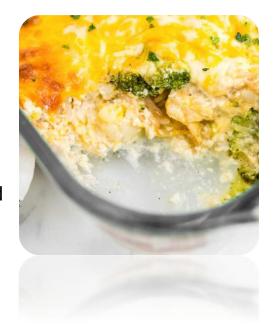
This Cheesy Vegetable Casserole is an absolute showstopper! Packed with broccoli, cauliflower, water chestnuts, and bean sprouts, it's then smothered in a gooey layer of cheddar and mozzarella cheese.

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.



- 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%), Vita

min 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.