Broccoli Casserole (lightened) — grocery list

Produce

- [ ] Broccoli, 2 large heads (or 2 bags frozen, 12 oz each)
- [ ] Yellow onion, 1 small
- [ ] Cremini mushrooms, 8 oz
- [ ] Garlic, 2 cloves

Dairy

- [ ] Unsweetened almond milk or 1% milk, 1 1/2 cups
- [ ] Plain nonfat Greek yogurt, 1/2 cup
- [ ] Sharp cheddar, shredded, 3/4 cup

Pantry

- [ ] Low-sodium chicken broth, 1/2 cup
- [ ] Whole-wheat flour, 2 tbsp
- [ ] Whole-wheat panko, 1/3 cup
- [ ] Chopped almonds, 2 tbsp
- [ ] Dijon mustard, 1/2 tsp
- [ ] Cooked brown rice or quinoa, 1/2 cup (optional)

Spices

- [ ] Olive oil, 1 tbsp plus 1 tsp

- [ ] Garlic powder, 1/4 tsp
- [ ] Salt
- [ ] Black pepper