Broccoli Casserole (lightened)

A baked broccoli casserole with a yogurt-mushroom sauce and a lighter cheddar topping.

Servings: 6
Time: about 45 min

Ingredients

- 6 cups broccoli florets (about 2 large heads, or 2 bags, 12 oz each, frozen and thawed)
- 1 tbsp olive oil
- 1 small onion, diced
- 8 oz cremini mushrooms, chopped
- 2 cloves garlic, minced
- 2 tbsp whole-wheat flour
- 1 1/2 cups unsweetened almond milk or 1% milk
- 1/2 cup low-sodium chicken broth
- 1/2 cup plain nonfat Greek yogurt
- 1/2 tsp Dijon mustard
- 3/4 cup shredded sharp cheddar
- 1/2 cup cooked brown rice or quinoa (optional, for a fuller meal)
- 1/3 cup whole-wheat panko
- 2 tbsp chopped almonds
- 1 tsp olive oil (for the topping)
- Salt, black pepper, and 1/4 tsp garlic powder

Directions

1. Heat the oven to 375°F. Lightly oil a 9x13 baking dish.
2. Steam the fresh broccoli 3 to 4 minutes until bright green but still firm. If it is frozen, thaw it and pat it dry.
3. Heat the oil in a skillet over medium. Cook the onion and mushrooms 6 to 7 minutes until browned and the liquid is gone. Add the garlic for 30 seconds.
4. Sprinkle in the flour and stir 1 minute. Slowly whisk in the milk and broth, and simmer 3 to 4 minutes until thick. Take it off the heat.

5. Stir in the yogurt, mustard, 1/2 cup of the cheddar, salt, pepper and garlic powder.
6. Toss the sauce with the broccoli and the rice, if you are using it, and spread it in the dish.
7. Mix the panko, almonds, the remaining 1/4 cup cheddar and 1 tsp oil, then sprinkle it over the top.
8. Bake 20 to 25 minutes until bubbling and golden.

Notes

A mushroom sauce with yogurt replaces the canned cream soup. The cheese is cut in half and goes mostly into the sauce. The cracker topping becomes panko and almonds.