

Mama B's Broccoli and Cauliflower Forest Dance

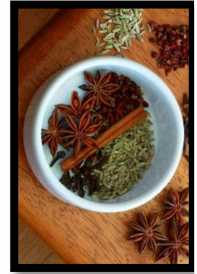
I have a friend that told her young ones that a broccoli was a mini tree. That was the only way she could make them eat it.

Ingredients:

16 oz	Broccoli	16 oz	Cauliflower
½ Cup	Breadcrumbs	¼ Cup	Parmesan cheese
4 Tbsp	Butter	1	Large onion, chopped
1-1/4 Cup	Milk	2 Tbsp	All-purpose flour
4 oz	Cream Cheese, cubed	2	Garlic cloves, minced
1 Tbsp	Mama B's Dash Away		

Directions:

- Preheat oven to 350 degrees F. Mix breadcrumbs, 2 tablespoons of the Parmesan cheese, 2 tablespoons melted butter and 1/2 tablespoon of Mama B's Dash Away seasoning in small bowl. Set aside.
- Melt 2 tablespoons butter in large skillet on medium heat. Add onion; cook and stir about 5 minutes or until tender. Stir in flour, remaining 1/2 tablespoon of Mama B's Dash Away seasoning.
- Add milk; cook and stir until thickened and bubbly. Add cream cheese and remaining 1/4 Cup Parmesan cheese; cook and stir until cream cheese is melted.
- Add vegetables; toss gently to coat. Spoon into 2-quart baking dish. Sprinkle top evenly with crumb mixture.
- Bake 40 minutes or until heated through and top is lightly browned. Turn dish over and bake for 15 more minutes or until crispy.



*Spice
Blend:
Dash
Away*

