

Potato and Broccoli Casserole

Basic ingredients:

Red potatoes (1 pound)

Frozen broccoli (Birds Eye, 10 ounces)

Low-fat milk (1/2 gallon)

Shredded low-fat cheddar (8 ounces)

15-ounce can bread crumbs

Preheat oven to 375°

Place potatoes in a saucepan; cover with water. Bring to a boil.

Reduce heat; simmer 20 minutes or until tender. Drain potatoes in a colander over a bowl, reserving 1 cup cooking liquid. Return potatoes and liquid to pan; mash with a potato masher until slightly chunky.

Steam 1 cup of broccoli, according to packaging instructions. Add broccoli and milk to pan; stir well. Spoon potato mixture into an 11x7 baking dish coated with cooking spray; bake at 375° for 35 minutes. Sprinkle with cheddar cheese and bread crumbs; bake an additional 5 minutes or until cheese melts.

Submitted by Gwendolyn