

AU GRATIN VEGETABLES

Makes 2 cups | 2 servings | \$1.71 per serving

Ingredients

2 cups vegetables, chopped
2 Tablespoons butter or margarine
2 Tablespoons all-purpose flour
1 cup low-fat milk
1 cup low-fat shredded cheese
½ cup crushed cereal or bread crumbs
Nonstick spray

Instructions

1. Preheat oven to 325°F.
2. Spray an 8x8-inch baking pan with nonstick spray.
3. Steam or saute vegetables until crisp tender.
4. In a skillet, melt the butter. Add the flour and stir continuously until combined. Cook 2-3 minutes.
5. Whisk in milk and continue whisking until smooth. Continue stirring until milk mixture begins to thicken.
6. Add cheese and stir until just melted.
7. Add cooked vegetables to cheese sauce. Stir well to coat the vegetables.
8. Place in the baking pan. Sprinkle the top with crushed cereal or bread crumbs.
9. Bake for 15 minutes, or until heated through and top is golden brown.

Note

For a family meal that serves 4, double the recipe. For a family meal that serves 6, triple the recipe.