

**NEW!**

## Fresh Broccoli Timbale

PRB-13-1

**TIPS ON SELECTION, CARE AND NUTRITION.**



- |   |   |
|---|---|
| <b>3/4 pound broccoli, peeled</b>                               | <b>3/4 cup whipping cream, or half-and-half</b> |
| <b>Water</b>  | <b>4 eggs, beaten</b>                           |
| <b>1/2 cup finely chopped onion</b>                             | <b>1/8 teaspoon cayenne</b>                     |
| <b>2 tablespoons butter or margarine</b>                        | <b>3/4 teaspoon dry mustard</b>                 |
| <b>2 tablespoons all-purpose flour</b>                          | <b>3/4 teaspoon Worcestershire sauce</b>        |
| <b>2 chicken bouillon cubes, dissolved in 3/4 cup hot water</b> | <b>1 cup (4 oz.) shredded Cheddar cheese</b>    |

### **Additional hot cooked broccoli (optional)**

Cook  $\frac{3}{4}$  pound broccoli in a frying pan in 1 inch of boiling water for 12 minutes or until very tender. Drain, coarsely chop enough to make  $1\frac{1}{2}$  cups (reserve extra for garnish). Place chopped broccoli on several layers of paper towels to drain thoroughly. In a frying pan set over medium heat, saute the onion in the butter until limp. Stir in flour until well blended, then gradually stir in the bouillon mixture and  
(over)