

Broccoli and Cauliflower Casserole

- 2 cups water
- 1/2 teaspoon salt

- 1 1/2 to 2 pounds of broccoli and cauliflower pieces
- milk
- 4 to 5 tablespoons butter, divided
- 4 tablespoons flour
- salt and pepper to taste
- dash nutmeg, optional
- 2 tablespoons fine dry bread crumbs
- 1 to 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon paprika



In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until crisp-tender, about 4 to 6 minutes. Drain cauliflower, reserving the cooking liquid. Add milk to the vegetable liquid to measure 2 1/2 cups.

Turn the drained vegetables into a shallow 2-quart baking dish.

Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly

Cook, stirring, for 2 minutes. Gradually stir in milk and vegetable broth mixture. Cook, stirring constantly, until thickened and smooth. Season to taste with the salt, pepper, and nutmeg.

Pour sauce over broccoli and cauliflower and stir gently to coat the vegetables with the sauce. Dot with the remaining 1 to 2 tablespoons of butter.

Combine bread crumbs, Parmesan cheese, and paprika; sprinkle over vegetables.

Bake at 450° for about 20 minutes, until casserole is bubbly.