



LIFELINE RECIPES

January 2023



We think you might just trick your children into eating their vegetables with this broccoli and cauliflower gratin. Cheesy, delicious and full of veggie goodness.

METHOD

STEP 1: Preheat oven to 375°F. Butter a shallow 3-quart baking dish. Arrange cauliflower and broccoli in the prepared dish.

STEP 2: Melt butter in a medium saucepan over medium heat. Add flour and cook, stirring, 2 minutes (do not let it darken). Slowly whisk in milk. Simmer, whisking occasionally, until slightly thickened, 3 to 4 minutes. Remove from heat and stir in nutmeg and 1 1/4 cups cheese. Season with salt and pepper. Pour over vegetables. Sprinkle with remaining 3/4 cup cheese.

STEP 3: Cover loosely with aluminum foil and bake for 15 minutes. Remove foil; bake until vegetables are tender and the top is golden brown, 20 to 25 minutes. Let stand 10 minutes before serving.



GREENMILL
IN STOCK ON SITE ON TIME

BROCCOLI & CAULIFLOWER GRATIN

PREPERATION TIME:

30 mins

COOKING TIME:

40 mins

SERVES:

8 as a side

INGREDIENTS

4 tbsp. (1/2 stick) unsalted butter, plus more for pan

1 medium head cauliflower (about 2 pounds), cored and sliced 1/4-inch thick

1 large head broccoli (about 1 1/2 pounds), trimmed and sliced 1/4-inch thick

6 tbsp. all-purpose flour

3 c. whole milk

1/4 tsp. freshly grated nutmeg

8 oz. Gruyère, grated (about 2 cups)

Salt and freshly ground black pepper