

Betty's Nutty Broccoli and Cauliflower with Cheese Sauce Recipe



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In this video, Betty demonstrates how to make her colorful and tasty broccoli and cauliflower side dish. It has a velvety cheese sauce and is topped with toasted almonds. You might get your non-vegetable-eating kids to try this!

Ingredients:

16 oz. frozen broccoli cuts

16 oz. frozen cauliflower

2 medium-sized pots with 1 inch of boiling water

cheese sauce (can be found under Betty's Creamy Cooktop Macaroni and Cheese Recipe)

1/4 cup sliced almonds

1/2 tablespoon margarine

Make the cheese sauce (according to instructions found at "Betty's Creamy Cooktop Macaroni and Cheese Recipe") and keep it warm over a warmer burner on the stove. Melt the 1/2 tablespoon margarine and very lightly toast the almonds in a small skillet. Remove from heat immediately when they begin to turn color, and place them on a plate with paper toweling to absorb excess margarine. Now, cook your vegetables. Place 16 oz. frozen broccoli cuts in a pot with 1 inch rapidly boiling water; also, place the 16 oz. cauliflower in a second pot with 1 inch rapidly boiling water. Bring both pots back up to a boil, and cook about 6 minutes, until done, but still brightly colored and a little crunchy. (They will continue to cook.) When the vegetables are done, pour each through a collander and place collander back on top of the individual pots used. Next, carefully remove the broccoli and cauliflower from their pots to a serving bowl, alternating between a couple of spoons of broccoli and a couple of spoons of cauliflower, making them interspersed nicely until you finish filling the serving bowl. Now, pour your warm cheese sauce in a strip across the top of the mixed broccoli and cauliflower (as much cheese sauce as you want to use). Sprinkle the toasted almonds on top of the cheese sauce. This is a beautiful, elegant vegetable dish that I think you will enjoy!

Menu suggestion: Serve with Betty's Crock Pot Roast Pork with Gravy, some instant butter and garlic mashed potatoes (made according to package instructions), frozen individual yeast rolls (that you just heat in the oven about 10 minutes before serving), and a nice fruit-flavored beverage.