

## BROCCOLI ONION GOUDA CASSEROLE

### Ingredients:

(serves 6)

1 pound broccoli  
2 cups sweet onions, sliced  
2 garlic cloves, minced  
2 tablespoons butter  
2 tablespoons cornstarch or potato flour  
1/2 teaspoon salt  
dash of pepper  
1/2 cup half and half  
1/2 cup milk  
3-5 tablespoons cream cheese  
1/2 cup Gouda cheese (shredded)  
2 more tablespoons butter  
3/4 cup dry gluten-free rice cereal, crushed



### Directions:

Preheat oven to 350 degrees F.

In a large saucepan, bring 6 cups of water to boil. Add chopped broccoli and sliced onions. Cook 3 minutes. Drain and set aside.

In another large saucepan, melt 2 tablespoons butter, stir in cornstarch (or potato flour), minced garlic, salt, and a dash of pepper. Add half and half; cook and stir until thickened and bubbly. Add cream cheese; cook and stir 1-2 minutes then stir in broccoli and onions.



Put in 2-1/2 quart casserole dish.  
Top with Gouda cheese.

Melt remaining 2 tablespoons butter  
butter and toss with rice cereal  
crumbs. Sprinkle over casserole.

Bake at 350°F for 25-30 minutes.

**Daryl Wood Gerber**

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