

Broccoli Cheddar Casserole



A simple cheesy casserole that is comforting, but also keeps the carbs in check. Serve it with roasted chicken or pork.

Ingredients

- 1 ½ pounds broccoli florets
- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 4 ounces reduced-fat cream cheese, softened
- ½ cup sour cream
- 1 ½ cups shredded extra-sharp Cheddar cheese, divided
- ½ teaspoon salt
- ½ teaspoon ground pepper

Instructions

1. Preheat oven to 350 degrees F.
2. Bring an inch of water to a boil in a large pot fitted with a steamer basket. Add broccoli, cover and steam until just tender, about 5 minutes. Coarsely chop the broccoli.
3. Meanwhile, heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until starting to soften, about 3 minutes. Add garlic and reduce heat to medium-low. Continue stirring until the onion and garlic are starting to brown, about 5 minutes more. Remove from heat.
4. Combine cream cheese, sour cream, 1 cup Cheddar, salt and pepper in a large bowl. Add the onion mixture and stir until well combined. Add the broccoli and stir until coated. Transfer to an 8-inch-square baking dish; sprinkle evenly with the remaining ½ cup Cheddar. Bake until the casserole is hot and the cheese has melted, about 25 minutes. Let cool for at least 10 minutes before serving.

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