

special family version of broccoli casserole.

The side dish is as traditional as turkey and dressing, and almost every household has a favorite recipe. We asked readers to send us their version of the ever-popular broccoli casserole.

Several recipes had notes attached saying: "This is the best casserole I've ever had."

ations. Worcestershire sauce, almonds, cream cheese, water chestnuts, rice and garlic cheese are among the ingredients readers suggested.

If your family doesn't have a favorite or you're ready to try something a little different, here are some choices to add to your "best recipes" collection.

— SHARON THOMPSON, HERALD-LEADER FOOD WRITER

Readers share their broccoli recipes

This is one of the best broccoli casseroles you'll ever eat. I got it from an old friend (now deceased) in West Kentucky about 30 years ago. My family loves it," said Martha Lunceford of Frankfort.

Martha's casserole

20 ounces frozen broccoli spears or cuts
1½ cups grated Cheddar, Colby or American cheese
1 10¼-ounce can cream of mushroom soup
½ cup evaporated milk
1 small (3 ounces) can french-fried onion rings

Cook broccoli about 5 minutes. Drain and place in flat baking dish. Sprinkle grated cheese evenly over broccoli. In a small bowl, combine the mushroom soup and evaporated milk until fairly smooth. Pour over the broccoli and cheese. Bake in 350-degree oven for about 20 to 25 minutes. Remove from oven and top with onion rings. Bake 5 to 6 minutes longer until onions are crisp. Makes 6 to 8 servings.

This recipe from Martha Bogard of Richmond won first place in a Food Fair sponsored by Eastern Kentucky Women.

Bogard's casserole

2 boxes (10 ounces each) chopped frozen broccoli
1 tube Ritz crackers
1½ sticks margarine, divided
½ pound Velveeta cheese

Cook broccoli according to package directions. Drain. Crush crackers and stir in ½ stick melted margarine. Melt cheese and combine with margarine. Place broc-

coli in baking dish, then cheese, then crackers. Top with remaining margarine. Bake at 350 degrees for 25 to 30 minutes.

Margaret Aaron of Albany said she has tried different broccoli casseroles and "we always come back to this one. It is so easy to make and at potlucks it goes over so good. My grandson-in-law loves it so, we named it Junior's broccoli casserole."

Junior's casserole

1 bunch broccoli
1 egg, beaten
½ cup mayonnaise
2 cups Cheddar cheese, shredded
2 teaspoons minced onion
1 (10¼-ounce) can cream of mushroom soup
1 cup crushed cracker crumbs
¼ cup margarine, melted

Chop broccoli and cook in boiling water until tender. Drain well. Mix with egg, mayonnaise, cheese, onion and soup. Pour into casserole dish. Spread 1 cup crushed cracker crumbs over top. Pour melted margarine over top. Bake at 350 degrees for 25 to 30 minutes.

Reba Browning of Paris said this is "our favorite Christmas dish."

Reba's casserole

2 boxes (10 ounces each) frozen chopped broccoli
2 tablespoons grated onion
2 eggs, beaten
1 can (10¼-ounces) cream of celery soup
1 cup Hellmann's mayonnaise
1 cup sharp Cheddar cheese
Salt and pepper to taste

Dash Worcestershire sauce
Ritz or Town House cracker crumbs

Spray a casserole dish with non-stick spray. Cook broccoli according to package directions. Combine remaining ingredients, except crumbs, and pour into casserole dish. Top with cracker crumbs. Bake at 350 degrees until bubbly, about 25 minutes.

Jenny Poole of Lexington said her favorite recipe is from her sister Betty Ison of Ashland. "She always made this casserole at family gatherings so after I was married, I started serving it at family dinners also. I've given this recipe to several friends and everyone always enjoys it," she said.

Jenny's casserole

½ stick margarine, melted
Ritz cracker crumbs, coarsely chopped
4 packages (10 ounces each) frozen broccoli, cooked and drained
2 5-ounce cans water chestnuts, sliced, drained
1 can (10¼ ounces) cream of mushroom soup
1 pound Velveeta cheese, cubed
Parmesan cheese

In a 3-quart rectangular casserole dish, layer the margarine, crumbs, broccoli, water chestnuts, soup and Velveeta. Sprinkle with Parmesan cheese.

Cover with more Ritz crackers and ½ stick margarine. Bake at 350 degrees for 30 minutes or until cheese bubbles.

SEE RECIPES, D2



RECIPES: Readers share directions for broccoli casseroles

FROM PAGE D1

Joan Sweers of Lexington shares a recipe for broccoli souffle. "My mother used to make it at our big family gatherings. She is 89 and in a retirement home," Sweers said.

Broccoli souffle

- 1 bunch broccoli
- 3 eggs, separated
- 1 tablespoon flour
- 1 cup Miracle Whip salad dressing
- 1 tablespoon butter, softened
- ½ cup milk
- ½ teaspoon salt

Cut broccoli into pieces, cook until tender. Drain. Beat egg whites until stiff. Beat egg yolks and add flour, salad dressing, butter, milk and salt, stirring lightly. Fold in egg whites. Pour into buttered baking dish. Bake at 350 degrees until knife inserted in center comes out clean.

Mildred Johnson of Georgetown said everyone loves this casserole "even if they do not like broccoli."

Mildred's casserole

- 2 boxes (10 ounces each) frozen chopped broccoli
- 2 sticks margarine
- 1 pound Velveeta cheese
- 1½ stacks Ritz crackers

Cook frozen broccoli, drain and place in casserole dish. Make sauce of cheese and 1 stick margarine by melting together. Pour sauce over broccoli. Crumble crackers and mix with remaining stick of margarine. Place on top of casserole. Bake at 350 degrees until brown and bubbly.

Carolyn Ann Boarman of Lexington shares this recipe for a creamy casserole.

Carolyn's casserole

- 2 packages (10 ounces each) frozen chopped broccoli
- 4 tablespoons butter, divided
- 2 cups Rice Chex cereal or Rice Krispies
- ½ cup chopped onion
- 1 can (10 3/4 ounces) cream of mushroom soup, undiluted
- 1 8-ounce package Cheddar or American cheese, cubed
- 1 3-ounce package cream cheese

Cook broccoli according to package directions and drain thoroughly. Melt 2 tablespoons butter and mix with cereal. Set aside. Saute onion in remaining 2 tablespoons butter until clear. Add soup, cheese and cream cheese. Heat on low setting until cheeses are melted and smooth. Remove from heat and add

age directions. Drain in a colander. Mix 1 cup milk with cream cheese. Add dry cheese sauce. Warm over medium heat in double boiler until cheese melts. Place broccoli in casserole dish and pour sauce over and mix. Sprinkle crushed Ritz crackers over top. Bake at 350 degrees for 30 to 45 minutes or until it bubbles.

Laura L. Collinsworth of Winchester found this recipe when she lived in Michigan. "My Kentucky friends like it a lot, too," she said.

Laura's casserole

- 1 8-ounce jar Cheez Whiz
- 1 can (10 3/4-ounces) cream of chicken soup
- ½ cup milk
- 1 can (5 ounces) sliced water chestnuts, drained
- 1 box (10 ounces) frozen chopped broccoli, thawed
- 1 cup Minute Rice, uncooked
- ¼ cup chopped onion

Combine cheese, soup, milk until blended. Add remaining ingredients and pour into a casserole dish. Bake at 350 degrees for 45 to 50 minutes.

"Best one I've eaten," said Sharon Kilbourn of Berea.

Sharon's casserole

- ½ stick butter or margarine
- 1 medium red onion, chopped
- 2 packages (10 ounces each) frozen chopped broccoli

- ½ roll garlic cheese
- 2 cans (10 3/4-ounces each) cream of mushroom soup
- ½ teaspoon Accent
- ½ teaspoon white pepper
- ½ cup sliced almonds

Melt butter and cook onion until clear. Add broccoli. Cook 5 minutes. Melt garlic cheese and mushroom soup. Add Accent, pepper and almonds. Add this to broccoli mixture and pour into a casserole dish. Melt ½ stick butter with 1 package Town House crackers, crumbled. Sprinkle on top of casserole. Top with a few almonds. Bake at 350 degrees until top is brown and mixture is bubbly, about 25-30 minutes.

Guy and Betty J. Bragg of Lexington submitted a recipe that calls for garlic cheese and mushrooms.

Bragg's casserole

- 2 packages (10 ounces each) frozen chopped broccoli
- 1 6-ounce tube garlic cheese, crumbled
- 1 stick margarine
- 1 can (10 3/4-ounces) cream of mushroom soup
- 1 4-ounce can mushrooms, chopped
- Buttered bread crumbs

Cook broccoli according to package directions. Combine drained broccoli with remaining ingredients, except crumbs. Sprinkle with buttered bread crumbs and bake in a greased 8- by-12-inch casserole for 30 minutes at 350 degrees.

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creamy casserole.

Carolyn's casserole

- 2 packages (10 ounces each) frozen chopped broccoli
- 4 tablespoons butter, divided
- 2 cups Rice Chex cereal or Rice Krispies
- ½ cup chopped onion
- 1 can (10¾ ounces) cream of mushroom soup, undiluted
- 1 8-ounce package Cheddar or American cheese, cubed
- 1 3-ounce package cream cheese

Cook broccoli according to package directions and drain thoroughly. Melt 2 tablespoons butter and mix with cereal. Set aside. Saute onion in remaining 2 tablespoons butter until clear. Add soup, cheese and cream cheese. Heat on low setting until cheeses are melted and smooth. Remove from heat and add broccoli and ½ of the cereal-butter mixture. Mix well. Place in 2-quart casserole. Cover with remaining cereal mix. Bake at 350 degrees for 20 to 30 minutes until browned.

Donna Brown of Lexington explained how to make her traditional recipe low in fat by omitting butter and using fat-free cheese and skim milk.

Donna's casserole

- 2 packages (10 ounces each) frozen chopped broccoli
- 1 can (10¾ ounces) cream of mushroom soup (can use reduced fat soup)
- ½ cup skim milk
- 1 small can mushrooms, drained
- 4 ounces fat-free cheese, grated
- 1 cup uncooked Minute Rice

Spray a 2-quart casserole dish with non-stick spray. Cook broccoli according to package directions. Place in casserole dish. Combine soup, milk, mushrooms, cheese and rice. Pour over hot broccoli. Bake in a 350-degree oven for 30 minutes.

Vicki Waits Bowers of Lexington submitted a recipe that belonged to her mother. "I have had many others but I still prefer this one."

Vicki's casserole

- 2 boxes (10 ounces each) frozen chopped broccoli
- 1 cup milk
- 1 8-ounce package cream cheese, cut into small pieces
- 1 package dry cheese sauce mix
- Ritz crackers

Cook broccoli according to pack-

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*CREAMY CHICKEN
BROCCOLI BAKE*

- 4 boneless skinless chicken breast halves (about 1 1/4 lb.), cubed
- 1 1/2 cups MINUTE Original Rice, uncooked
- 1 1/4 cups milk
- 1 pkg. (10 oz.) frozen chopped broccoli, thawed, drained
- 1/2 lb. (8 oz.) VELVEETA Pasteurized Process Cheese Spread, cut up
- 1/2 cup MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing

MIX all ingredients.

SPOON into 12x8-inch baking dish.

BAKE at 375°F for 30 minutes or until chicken is cooked through.

Makes 6 servings.



Easy fish casserole

- 2 cups cooked flaked fish
- 1 10½-ounce can cream of mushroom soup
- ½ cup grated sharp Cheddar cheese
- 2 cups cooked rice
- ½ cup dry bread crumbs

Preheat oven to 350 degrees. Combine first four ingredients and turn into a greased 1-quart casserole. Sprinkle bread crumbs on top; bake for 30 minutes.

Avoid Box Mixes

Storm the gates Beat down high prices! Avoid buying luxury items! Stick to basics, warns our courageous Captain, if you want to save! Send your 'Basic' recipes to Captain Market, Box 828, Detroit, Mich. 48231.

Knight News Wire

Please, please, avoid those ever-handy box mixes — whether they are for stroganoff, fruit mixes, cookies or stuffing mixes — or your pennies will trickle away faster than your appetite!

Our Captain was pleased to hear from one reader who called to say that she would love to make quick stuffing like the boxed variety. Did we have recipe for one?

We do now! It's so easy and economical, too. No extra pennies floating away for fancy boxes or secret seasonings.

Save your old bread ends and stale slices! Break into large crumbs, place on a baking sheet and stick into the oven for about five to 10 minutes at 350 degrees until dry. Then store them in a tightly covered container in the cupboard until you need them — they'll keep for weeks. You'll soon save enough to whip up a batch of your own instant stuffing!

Add chicken or beef bouillon to the bread pieces after tossing them in a butter-herb mixture, cook briefly, or bake in the oven along with the chicken, roast or chops, for about 30 minutes. The oven method produces a drier stuffing.

Instant Stuffing

- 3 T margarine
- 1 t dried minced onion
- 1 t dried parsley
- ½ t thyme
- Dash sage
- 4 c large bread crumbs
- ½ c chicken or beef bouillon

In medium saucepan, melt margarine. Add onion, parsley, thyme, and sage. Cook over low heat for five minutes, stirring occasionally. Add bread crumbs and toss to coat with butter mixture. Slowly add chicken or beef bouillon, tossing to coat crumbs evenly. Cook over low heat until hot, or place in baking dish in oven at 350 degrees for 30 minutes. If too dry, add more bouillon or water as needed. Makes four servings.

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Dear Readers: Here's an aromatic way to welcome guests into your home this holiday season: easy-to-make stove-top potpourri.

Fill a pot about three-quarters full with water, then add a tablespoon of vinegar and a dash of cinnamon, pumpkin-pie spice or nutmeg. Any fragrant spice that you like will work. You can even mix in some apple slices and a dash or two of vanilla extract.

Next, bring it to a simmer on the stove, and you'll soon find yourself surrounded by a warm, fragrant aroma. Be sure to check the pot every so often and add more water as needed. Be careful not to let it scorch.

Stove-top potpourri is a terrific way to create a holiday mood at your house. A plus (a double-duty hint): You're adding fragrant steam to the air that will help keep your home and nasal passages moisturized this winter. — **Heloise**

Sweet & Sour Pork from the Kitchen of Mabel Kellie

1 1/2 lbs lean Pork } Heat shortening until hot
2 Tbsp shortening } add pork cut in strips 2 x 1/2 inch strips
brown until golden

1 cup warm water }
1 chicken bouillon cube } mix well & add to above cover &
1/4 tsp salt } simmer for 45 min to 1 hr. until tender

1 1/2 lb 4 oz can pineapple chunks drained reserve juice
1/4 cup brown sugar } combine & add reserved pineapple juice
2 tbsps corn starch } 1/4 cup vinegar 1 Tbsp soy sauce
cook over med heat until thickened.

Pour over pork then add
1 med green pepper cut in strips 1/4 cup onion sliced in thin
short slices & Pineapple chunks cook over low heat 5
to 5 min. serve over hot rice very very good.

JESUS LOVES ME

Senior version

Jesus loves me, this I know, though my hair is white as snow.
Though my sight is growing dim, Still He bids me trust in Him.
Though my steps are oh, so slow, with my hand in His I'll go.
On through life, let come what may, He'll be there to lead the way.
Though I am no longer young, I have much, which He's begun.
Let me serve Christ with a smile, Go with others the extra mile.
When the nights are dark and long, in my heart He puts a song.
Telling me in words so clear, "Have no fear, for I am near."
When my work on earth is done, and life's victories have been won.
He will take me home above, then I'll understand His love.
I love Jesus, does he know?
Have I ever told Him so?
Jesus loves to hear me say, that I love Him every day.
YES, JESUS LOVES ME... YES, JESUS LOVES ME.
YES, JESUS LOVES ME FOR THE BIBLE TELLS ME SO.