**Variations**

- **Cheese Pie:**
  - Grandma's secret
  - Use sharp cheddar or other strong-flavored cheese.

- **Broccoli Cheese:**
  - Simple, yet delicious.
  - Perfect for parties and gatherings.

- **Special Snack:**
  - Ready in just 30 minutes.
  - Use your favorite cheese and enjoy!

**Good Idea: Save**

- 20 minutes baking time.

**Broccoli Brunch:**
- 1/2 cup broccoli
- 1/4 cup cheese
- 3 garlic cloves
- 1/2 onion
- 1 tbsp. bacon
- 2 eggs
- Salt, pepper

Preheat oven to 375°F. In a bowl, mix the broccoli and cheese. Add the garlic, onion, bacon, and eggs. Pour into a baking dish and bake for 20 minutes. Serve hot.

**Party-Cakes**

- 1 bag of frozen vegetables
- 1/2 cup cream cheese
- 1/4 cup sour cream
- 2 tbsp. honey
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Mix cream cheese, sour cream, honey, salt, and pepper. Add vegetables and mix well. Spread onto a baking sheet and bake at 350°F for 20-25 minutes. Serve warm.

**Popeye Special**

- 1 bunch of broccoli
- 1 cup chopped onions
- 2 cups chopped mushrooms
- 1/2 cup chopped green peppers
- 1/2 cup chopped tomatoes
- 1/2 cup chopped green chilies

You Will Need

FOR THE BROCCOLI-CHEESE NUGGETS
1 package (16 ounces) frozen broccoli florets, thawed
2 cups shredded extra-sharp Cheddar cheese
3/4 cup dehydrated potato flakes
3/4 cup grated Parmesan cheese
4 slices cooked ham, diced (about 1 cup)
2 large eggs
1 teaspoon Dijon-style mustard
1 teaspoon salt
3/4 teaspoon freshly ground black pepper

SERVES 6

Step by Step

MAKING THE NUGGETS

1. Cook broccoli according to package directions. Drain cooked broccoli thoroughly in a colander, pressing with the back of a wooden spoon to remove excess water. Chop broccoli into !/4-inch pieces.

2. Preheat oven to 400°F. Generously grease a large baking sheet.

3. In a large bowl, combine broccoli, Cheddar, potato flakes, Parmesan, ham, eggs, mustard, salt and pepper; stir until mixture is thoroughly blended. Let stand for about 10 minutes.

4. Drop generous tablespoonfuls of mixture, about 1 inch apart, onto the prepared baking sheet.

5. Bake nuggets until golden brown around the edges, about 20 minutes. Using a spatula, remove nuggets from baking sheet and transfer to platter; serve immediately.

Attention to Detail

Turn this savory snack into a satisfying meal—just follow this recipe:

TASTY TUNA NUGGETS

1 can (9 ounces) tuna in water, drained
1 package (10 ounces) frozen chopped spinach, thawed and drained
3/4 cup bread crumbs
1/2 cup shredded Monterey Jack cheese
1/4 cup Parmesan cheese
2 eggs
1 teaspoon minced onion
1 teaspoon salt

1. Preheat oven to 375°F. Spray a baking sheet with vegetable cooking spray.

2. In a large bowl, combine tuna, spinach, bread crumbs, Monterey Jack, Parmesan, eggs, onion and salt; mix well.

3. Drop generous tablespoonfuls of mixture, about 1 inch apart, onto the prepared baking sheet.

4. Bake 15 minutes; turn nuggets over and bake 10 minutes longer. Serve immediately.

Kitchen Tips

- Do not substitute powdered potato for potato flakes; it will affect the taste and texture of the nuggets.
- It is important to let the mixture stand before baking so the potato flakes can absorb moisture.
Blooming Onion

No More Tears
To prevent your eyes from getting teary, freeze onions for 20 minutes before slicing. Or, cut onions on top of the stove with the exhaust fan turned on.

Hot Oil
The best oils for frying are those that can be heated to high temperatures without smoking. Vegetable oils work best with deep-fry recipes.

Recycle It
Frying oil can be reused if you strain it through a coffee filter. Keep refrigerated.

Cooking Time
25-30 minutes

Good Idea
Make a ‘flower arrangement’ with the onion in the middle of a plate and the vegetables surrounding it like petals.

Variations

Deep-fried Veggies
Skip the onion—the mixed vegetables in this recipe are just as tasty. Arrange the deep-fried vegetables on a platter and serve with dip.

Burger Topper
For a speedy, flavorful relish, combine sautéed chopped onions with roasted red pepper, balsamic vinegar and Dijon-style mustard.
You Will Need

FOR THE BLOOMING ONION
1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 1/4 cups milk
4 large yellow onions (about 8 ounces each)
vegetable oil for frying
1 large yellow squash, cut into 1/2-inch-thick slices
1 large zucchini, cut into 1/2-inch-thick slices
1 large red bell pepper, cut into 1/2-inch-wide strips

FOR THE DIPPING SAUCE
1/2 cup sour cream
1/2 cup mayonnaise
2 tablespoons finely chopped fresh parsley
1 teaspoon black pepper
tablespoons prepared horseradish

SERVES 4

Step by Step

MAKING THE BLOOMING ONION

2. Carefully peel off outer skins of onions. Using a sharp knife, slice about 1/2 inch off the tops. Keeping onions attached at root end, trim excess roots.

3. Place 1 onion on a cutting board, root end down. Using a sharp knife, cut the onion into quarters to within 1/2 inch of the base. Then cut each quarter into 4 pieces, making sure onion remains attached at base. The onion should be cut into 16 segments. Repeat with remaining onions.

4. In a large deep skillet, heat 3-4 inches of oil to 375°F. over medium-high heat. Gently press the center of each onion and push open the layers so that the onion opens slightly.

5. Using a large slotted spoon, dip each onion into batter to cover completely; lift and allow excess batter to drip off.

6. Gently lower onions into the heated oil. Cook until onions have opened up like flowers, 7-8 minutes.

7. Transfer cooked onions to the prepared baking sheet; keep warm in oven. Repeat with remaining onions.

8. Using a large slotted spoon, dip vegetable pieces into batter, allowing excess batter to drip off. Lower the vegetables into heated oil and cook 5-6 minutes. Transfer to the prepared baking sheet with onions.

MAKING THE DIPPING SAUCE
1. In a medium bowl, combine sour cream, mayonnaise, parsley and pepper. Add horseradish, 1 tablespoon at a time, as desired. Transfer sauce to a serving bowl and serve immediately with onions and vegetables.

Kitchen Tips
- The best way to check the temperature of hot oil is with a deep-fat thermometer. Make sure the bulb is immersed in the oil without touching the bottom of the pan.
- Bermuda, Spanish or red onions can be substituted for yellow onions.