

SPRING VEGETABLE CASSEROLE

by Bonnie Hebert

8 SMALL NEW POTATOES
1 SMALL CAULIFLOWER, CUT INTO FLORETS
8 BABY CARROTS
4 STALKS ASPARAGUS, TRIMMED AND CUT INTO 1 INCH PIECES
3 TAB BUTTER
3 TAB FLOUR
2 CUPS MILK
SALT
PEPPER
3/4 CUP SHREDDED CHEDDAR CHEESE
CHOPPED PARLEY

BRING A 2 QUART SAUCEPAN OF WATER TO A BOIL OVER HIGH HEAT. ASS
POTATOES, COVER AND RETURN TO A BOIL. REDUCE HEAT TO LOW. SIMMER UNTIL
POTATOES ARE TENDER, ABOUT 10 MIN. REMOVE THE POTATOES WITH A SLOTTED
SPOON AND SET ASIDE. REPEAT THE COOKING PROCESS WITH THE REST OF THE
VEG. COOKING UNTIL CRISP TENDER
PREHEAT THE OVEN TO 350 LIGHTLY GREASE A 2 QUART CASSEROLE WITH BUTTER
OR SPRAY COOKING SPRAY
MELT BUTTER IN A MED. SAUCE PAN OVER MED. HEAT. STIR THE FLOUR UNTIL
SMOOTH
GRADUALLY STIR IN THE MILK. COOK STIRRING CONSTANTLY, UNTIL THICKENED.
SEASON TO TASTE ADD CHEESE STIRRING UNTIL MELTED
ARRANGE THE VEG. IN THE BUTTERED CASSEROLE. POUR THE SAUCE OVER THE
VEGS. AND SPRINKLE PARSLEY BAKE UNTIL HEATED THROUGH ABOUT 15 MI