

## Broccoli and Pecan Casserole

- 4 cups broccoli florets
- 1/2 cup red bell pepper, chopped
- 1/2 cup pecan halves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter or margarine, divided
- 1/4 cup reduced-calorie mayonnaise
- 2 tablespoons prepared horseradish
- 1/4 cup dry bread crumbs
- 2 tablespoons Parmesan cheese, grated



1. Preheat oven to 350°F. Spray a 2-quart casserole dish with nonstick vegetable spray.
2. Put steamer insert in medium saucepan; add 2 cups water to pan. Steam broccoli florets and chopped red pepper together 5 minutes. Drain well. Transfer to prepared casserole dish and add pecans. Season with salt and pepper.
3. Remove steamer insert from saucepan, drain and dry pan. Use hot pan to melt 1 tablespoon butter. Whisk in reduced-calorie mayonnaise and horseradish until smooth. Pour over vegetables in casserole dish and mix gently but well.
4. Sprinkle casserole with bread crumbs and cheese. Dot with remaining butter.
5. Bake 20 to 25 minutes, until golden brown

Serves 8.

Nutrition Facts		
Servings per recipe: 8		
<b>Calories 124</b>	Calories from fat 90	
	% Daily Value	
<b>Total Fat</b> 10g		10%
Saturated Fat	3g	13%
<b>Cholesterol</b> 11mg		4%
<b>Sodium</b> 205mg		9%
<b>Carbohydrate</b> 7g		2%
Dietary Fiber	2g	8%
<b>Protein</b> 3g		5%
Vitamin A: 35%	Vitamin C: 88%	Folacin: 9%
Calcium: 5%	Iron: 4%	Potassium: 5%

Modified from original source: Georgia Pecan Commission, [www.georgiapekans.org](http://www.georgiapekans.org)  
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