

Parmesan-Broccoli Timbales



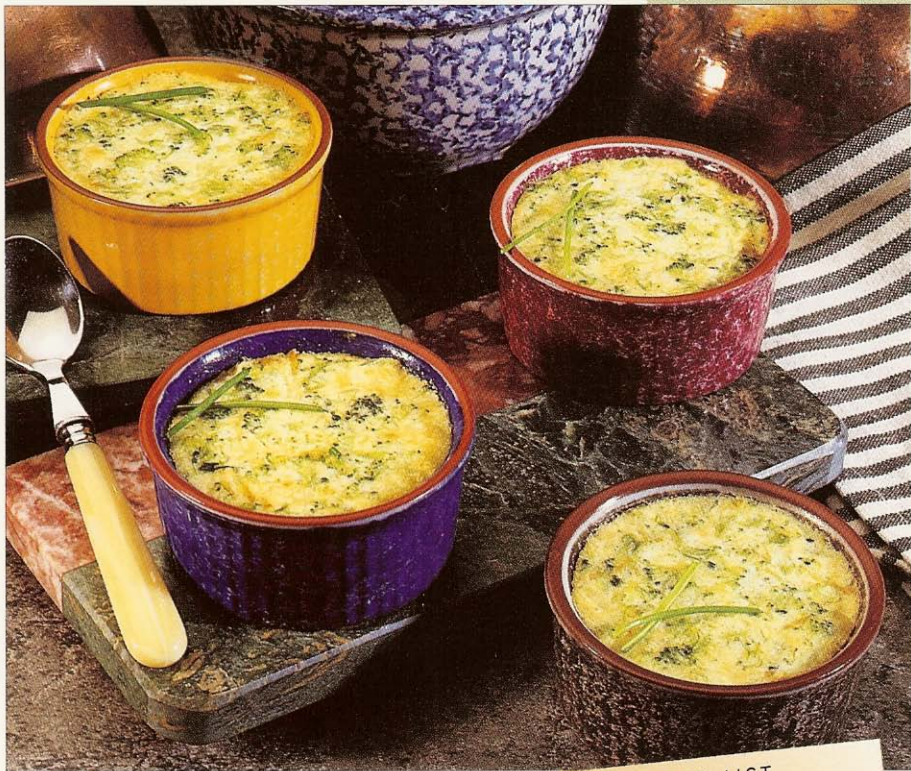
PREPARATION TIME
20 minutes



COOKING TIME
35 minutes



PERFECT PARTNER
grilled chicken



Make two side dishes from a bunch of broccoli. The next time you prepare broccoli, save the stems to use in this recipe. Peel and chop, then sauté the stems in butter until tender.

SHOPPING LIST

- broccoli • Parmesan cheese
- half-and-half • nutmeg

ON HAND

- butter • onion • salt
- pepper • eggs

INGREDIENTS

- 1 tablespoon butter
- 1 small onion, minced
- 2 cups frozen chopped broccoli, thawed
- 1 cup half-and-half
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon pepper
- 1/4 cup grated Parmesan cheese
- 3 eggs

Make Ahead

You can prepare this appetizing side dish through step 3 up to 1 hour before baking.

♦ VARIATION

Substitute a 10-ounce package of frozen chopped spinach, thawed and squeezed dry in paper towels, for the broccoli.

1 Preheat oven to 325°F. Grease 4 small baking cups. Heat butter in a large skillet over medium-high heat. Add onion; cook until tender, about 5 minutes.



SERVES **4**

COOKIN' Xpress

- Use a spouted teakettle to fill a water bath quickly. First, place the dish with the baking cups on the middle rack of the oven. Then use the kettle to fill the dish halfway with water.



2 Drain broccoli and pat dry. Place in a medium bowl. Heat half-and-half almost to boiling. Add salt, half-and-half, onion, salt, nutmeg, pepper and Parmesan to broccoli; mix well.

3 Add eggs to broccoli mixture; mix with a fork until smooth. Pour into prepared baking cups. Place cups in a baking dish.



4 Pour enough water into dish to cover cups halfway. Bake until custard is barely set, about 35 minutes. Let cool; run a knife around each cup to loosen timbale. Invert to serve.