

# Broccoli Spinach Casserole

Makes 12 servings

Prep Time: 15 minutes

Cooking Time: 45 minutes

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## Ingredients:

12 oz silken tofu, drained  
¼ c vegan mayonnaise (such as Just Mayo)  
2 T nutritional yeast  
2 t onion powder  
1 t garlic powder  
½ t black pepper  
¼ t salt

16 oz fresh or frozen chopped broccoli  
16 oz fresh or frozen chopped spinach

8 oz shredded vegan cheddar cheese (such as Daiya)

6 c stuffing bread or unflavored croutons  
8 T vegan butter  
3 vegetable bouillon cubes  
½ t onion powder  
½ t dried thyme  
¼ t dried sage  
¼ t celery seed

## Directions:

1. Preheat oven at 350°F (175°C).
2. Blend the first group of ingredients in a blender or food processor until smooth.
3. If frozen, defrost vegetables in hot water and squeeze out the excess water. Mix with blended ingredients and pour into an 8"x8" baking dish.
4. Top with cheddar cheese.
5. Break bread into small cubes. Mix the remaining ingredients and briefly microwave until butter has melted. Toss bread in butter mixture until thoroughly coated and pour over cheese.
6. Cover and bake at for 20 minutes. Uncover and continue to bake for 25 minutes.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 219	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 821 mg	34 %
Potassium 141 mg	4 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	10 %
Sugars 1 g	
Protein 6 g	12 %
Vitamin A	48 %
Vitamin C	36 %
Calcium	8 %
Iron	9 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	