



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Green Eggs and Ham

From *Tasteofhome.com*

Serves 6

- 3 cups frozen chopped broccoli, cooked and drained
- 6 hard-cooked eggs, quartered lengthwise
- 1/2 cup chopped cooked ham or bacon
- 3 green onions, sliced
- Cheese Sauce:*
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk
- 2 tablespoons Dijon mustard
- 1/4 teaspoon salt
- paprika
- 4 tablespoons Parmesan cheese, divided

In a greased 11 x 7-inch baking dish, pour in broccoli and top with eggs. Distribute ham and onions over eggs. In a saucepan, melt butter; add flour. Cook and stir until bubbly. Gradually whisk in milk, mustard, salt and dash of paprika; cook and stir until boiling then continue for 2 minutes more. Remove from the heat; stir in 2 tablespoons cheddar cheese until melted. Pour over casserole. Sprinkle with remaining Parmesan cheese. Bake, uncovered, at 400° for about 15 minutes or until heated through.

*This is a great way to use up hard boiled eggs and make a quick tasty lunch or dinner.*

*Frozen broccoli makes this fast but fresh is always good, if available. Greens like cooked kale, collards, or spinach are other good choices.*