

# Carrot Casserole

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Serves 12. Makes 12  $\frac{1}{2}$  cup servings.  $\frac{1}{2}$  cup serving is 3 points on Blue, Green and Purple

- 3 lb. carrots (peeled, sliced and cooked)
- $\frac{1}{2}$  cup light butter
- $\frac{1}{4}$  cup flour
- 2 Tbsp instant minced onion
- 1 tsp salt
- $\frac{1}{2}$  tsp dry mustard
- $\frac{1}{8}$  tsp pepper
- $\frac{1}{4}$  tsp celery salt
- 2 cups 1% milk
- 8 oz Cabot Lite 75 cheddar cheese
- 2 Tbsp dried breadcrumbs

1. In a medium sauce pan melt butter. Add flour and whisk for 1 minute. Add flour, onion, salt, dry mustard, pepper and celery salt. Mix well. Slowly add milk, stirring constantly. Once all milk is added, cook until smooth and thickened.
2. In a casserole, layer  $\frac{1}{3}$  of the cooked carrots,  $\frac{1}{2}$  of the cheese,  $\frac{1}{3}$  of the sauce, then repeat,  $\frac{1}{3}$  carrots, remaining cheese,  $\frac{1}{3}$  sauce, remaining carrots and remaining sauce. Sprinkle on breadcrumbs.
3. Bake at 350 for 25 minutes or until bubbly.