

# Food.

## MIXED VEGETABLE CASSEROLE

Recipe by breezermom

My grandmother used to make this at Thanksgiving and Christmas to fill out the usual sweet potato casserole and dressing menu. This was always one of my favorites. It is very easy and very tasty! It is a good way to get your kids (and reluctant DH's) to eat their vegetables!



READY IN: 40mins

SERVES: 8

UNITS: US

### INGREDIENTS

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- 1 (20 ounce) package frozen mixed vegetables
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup shredded cheddar cheese
- 1 cup mayonnaise
- 1½ cups Ritz cracker crumbs
- ½ cup butter or 1/2 cup margarine, melted

<b>NUTRITION INFO</b>
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<b>Serving Size: 1 (139) g</b>	
<b>Servings Per Recipe: 8</b>	
<b>AMT. PER SERVING</b>	<b>% DAILY VALUE</b>
<b>Calories: 218.7</b>	
Calories from Fat 149 g	68 %
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Total Fat 16.6 g	25 %
Saturated Fat 10.4 g	51 %
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<b>Cholesterol</b> 45.3 mg	15 %
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<b>Sodium</b> 236.6 mg	9 %
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<b>Total Carbohydrate</b> 12.9 g	4 %
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Dietary Fiber 3.7 g	14 %
Sugars 1.2 g	4 %
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<b>Protein</b> 6.5 g	13 %

## DIRECTIONS

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Cook the frozen vegetables according to the package directions. Drain well.

Combine cooked vegetables, onion, celery, cheese, and mayonnaise in a large bowl, stirring well.

Spoon the mixture into a greased 11 x 7 x 1 1/2 inch baking dish.

Combine cracker crumbs and butter. Stir well. Sprinkle crumb mixture evenly over the casserole. Bake at 350 degrees for 30 to 35 minutes or until thoroughly heated.