

CREAMY BROCCOLI & SPAGHETTI SQUASH CASSEROLE

Casseroles are such a great Midwest way to bring a lot of fun and delicious ingredient into one family favorite dish! They're also a great way to make use of your favorite proteins, vegetables, and grains including those that need to get used up quickly! Here we use locally grown spaghetti squash with a creamy, garlicky, vegan sauce and the ENTIRE head of broccoli to create a warm, tasty, and delicious dinner. If you have a little Parmesan or cheddar, it would make a perfect topping.



Ingredients

- 1 spaghetti squash
- 1 stalk of broccoli, florets and stem
- 1 can coconut milk
- 1 red onion

From your pantry

- 3-4 cloves of garlic
- 1 tsp Italian seasoning
- 2 tbsp flour
- oil
- salt and pepper

Equipment:

- Large, oven safe pot
- 9x13 inch baking dish

PREPARATION: 30 MIN

COOKING: 15 MIN

READY IN: 45 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. Grease a 9x13 in baking dish.
Preheat oven to 425°F*

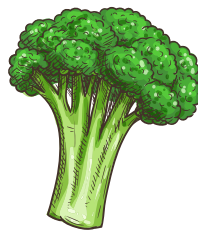
1. Cut the **spaghetti squash** in half lengthwise and scoop out the seeds. Drizzle with a little oil, salt and pepper and place face down on a baking sheet. Bake for 30 min until the flesh is tender.
2. While the spaghetti squash is baking cut **broccoli** into florets; then peel the stem and cut into 1/2" pieces. Remove ends from **onion** and dice.
3. Heat 1 Tbsp. oil in a medium oven-safe pot over medium heat. Add onion and sauté 2-3 min. Add garlic, Italian seasoning and flour and cook another minute. Add **coconut milk** to pan and mix to incorporate. Bring to a gentle bubble (slight simmer) and allow to thicken and form a sauce. Season to taste and set aside.
4. Allow the spaghetti squash to cool down for a minute; then, scoop out the spaghetti strands.
5. Add **squash and broccoli** to the creamy sauce and mix well.
6. Transfer and spread out squash and broccoli mixture in greased 9x13 inch baking dish and transfer to the oven. Top with cheese (optional). Bake for 15 min or until sauce bubbles and casserole begins to brown. Serve immediately, enjoy!

Tips, Tricks, and Terms

The broccoli STEM movement...

We're familiar with the beautiful green crown from the broccoli plant and probably have favorite ways to use it —roasted with oil and herbs, in Broccoli Cheddar soup, or tossed in stir-fry mixes, but *what about that stalk?* The broccoli stalk, or stem, is just as delicious and versatile as those lovely florets! Stems also contain more fiber than the florets and provide calcium, iron, and vitamin C.

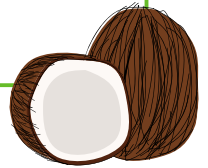
Broccoli stems have a taste and texture similar to kohlrabi with a mild flavor and crunchy, juicy texture. The outside is often woody and needs to be peeled away. Simply use your vegetable peeler or a paring knife and peel as you would a carrot. Then dice or slice the stalk into coins or cubes and use with your florets in any recipes. Try them roasted, steamed, or pickled to find your favorite way!



A little about...

Coconut milk: the solid flesh of the coconut fruit mixed with water (not to be confused with coconut water which is juice from the coconut). While coconut milk is high in fat, it provides protein, fiber, vitamin C, iron, and other vitamins and minerals. In moderation it will help you feel full longer and is a great alternative for dairy!

Italian seasoning: an iconic blend of Italian inspired herbs usually includes basil, oregano, rosemary, thyme, and sage.



Hugh's Gardens is a certified organic produce marketing business with storage, washing, and packing facility located in Halstad, MN. The mission of Hugh's Gardens is to utilize sustainable practices throughout our entire operation; to promote a strong local economy; and to encourage consumers to invest in their health.

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