Stuffed Butternut Casserole
From – Sara at Healthy Harvest Farm

1 onion – chopped
2 Tbsp olive oil
2 cloves garlic – minced
1 celeriac – peeled and grated
½ pound mushrooms – diced
½ tsp tarragon
½ tsp thyme
½ tsp salt
1 cup grated cheddar cheese
¼ cup crushed pecans
¼ cup sunflower seeds
3 slices whole wheat bread - diced
4 cups pre-cooked butternut mashed

- Saute onion in olive oil over medium high heat until soft.
- Reduce heat to medium and add garlic, mushrooms, celeriac, tarragon, thyme and salt.
- Saute 10 minutes stirring frequently.
- Spread butternut in a greased casserole dish.
- In a large bowl combine saute mixture, cheese, pecans, sunflower seeds and bread.
- Spread this mixture evenly over butternut.
- Bake uncovered at 350°F for 30-40 minutes or until top is golden brown and crunchy.

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