

Vegetable – Almond Casserole

From Moosewood Cookbook

2 Tbsp. olive oil	3 Tbsp butter
1 cup chopped onion	3 Tbsp flour
4-5 cup chopped vegetables	1 tsp prepared horseradish
2 medium cloves minced garlic	dash or two of tabasco sauce
1 cup chopped almonds	½ tsp dry mustard
2 cups water	1 Tbsp tamari

Topping:

½ cup chopped, toasted almonds
½ cup fine breadcrumbs or wheat germ

- Saute onions and garlic in olive oil, salting them lightly. When onions are translucent add vegetables. Add the longer cooking vegetables (cabbage, broccoli, cauliflower, carrots, celery) first and softer veggies (zucchini, peppers, mushrooms, greens) later. Saute until all are cooked to your liking.
- Toast almonds. Place in blender with water. Puree until smooth. This is “almond milk”
- Melt butter and whisk in flour. Add almond milk and rest of seasonings, stirring constantly over low heat. Simmer for 10 minutes, or until thickened. (stir occasionally during simmering)
- Combine sautéed vegetables with almond sauce. Add salt and pepper to taste. Pour into a large, buttered casserole. Sprinkle with topping.
- Bake uncovered at 400° for 15 minutes.
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- Sara’s variation:
- I like to put a grain of some kind in the bottom of the casserole. Be sure the grain is fully cooked. Wild rice goes really well.



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