

Stuffed Butternut Casserole

From – Sara at *Healthy Harvest Farm*

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

- 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 350F for 30-40 minutes or until top is golden brown and crunchy.



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