

WINTER FLAVOR



Cheesy Winter Greens Casserole

Fill your grocery bag with hearty winter greens. Full of vitamins, minerals and disease-fighting antioxidants, leafy vegetables are low calorie, fiber filling and one of the most healthful foods available. From kale, chard, escarole, collards and many more, there are endless possibilities to pack these nutrition powerhouses into your meal plan.

SERVES: 4 as a main dish and 6-8 as a side

INGREDIENTS:

1 tbsp	Olive oil	¼ cup	Parmesan cheese
1 medium	Onion, chopped	¼ cup	Parsley, chopped
1 medium	Sweet potato, chopped		
1 large	Parsnip, peeled and chopped		
2-3 cloves	Garlic, minced		
10 oz	Kale, chopped		
2 large	Eggs		
1 small	Acorn squash, peeled, seeded and chopped		
15 oz	Low-fat cottage cheese		
1 tsp	Smoked paprika		
½ tsp	Crushed red pepper flakes		
½ tsp each	Salt and black pepper		
3 tbsp	Whole-wheat breadcrumbs (try panko!)		

DIRECTIONS:

1. Preheat oven to 350° F and spray a 9-by-13 baking dish with cooking spray.
2. Heat oil in a large skillet over medium heat, cook onion until translucent, add remaining vegetables and cook until just tender. Add kale during the final minutes of cooking to wilt.
3. In a large bowl, whisk eggs, cottage cheese and spices. Add cooked veggies to egg mixture and stir to combine. Pour the mixture into the prepared baking dish and spread evenly.
4. Top with ¼ cup Parmesan cheese and breadcrumbs. Cover with foil and bake about 30 minutes.
5. Remove foil and bake another 20-30 minutes, or until egg is set. Remove from oven and let cool about 10 minutes before serving. Top with parsley and serve with a slice of toasted whole-wheat bread.

ALTERNATIVES:

- Add a reduced-fat, low-sodium cooking sausage link to the mixture, swap in other veggies like mushrooms, peppers, broccoli and leeks.
- **Soup, stew, chili** – add fresh greens into simmering pots during the last few minutes of cooking.
- **Simple green sauté** – lightly sauté greens with onion and garlic, season with lemon juice, salt and pepper.
- **Sneaky steam** – steam greens and add to pasta, casseroles, stuffed peppers and even fruit smoothies.
- **Substitute chips** – bake chopped greens misted with olive oil in a 300° F oven until crisp, season as desired.

