

Creamy Kale & Cauliflower Casserole

with Horseradish-Spiced Béchamel

Béchamel is a traditional French sauce made with flour, butter and milk, and it's a superior way to fuse a casserole's distinct components (and flavors) together. Here, we're tailoring the basic recipe by adding prepared horseradish (horseradish that has been grated and soaked in vinegar). The horseradish gives this autumnal dish a signature, peppery kick, perfectly balancing the light and earthy flavors of baked kale and cauliflower.



Ingredients

- 4 Ounces Egg Noodles
- 1 Cup Low-Fat Milk
- 2 Cloves Garlic
- 1 Bunch Kale
- 1 Pound Cauliflower
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 2 Tablespoons Prepared Horseradish
- $\frac{2}{3}$ Cup Grated Parmesan Cheese
- $\frac{1}{4}$ Cup Panko Breadcrumbs

Makes 2 Servings

About 550 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 400°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel and mince the garlic. Pick the parsley leaves off the stems; discard the stems. Remove and discard the core of the cauliflower; cut the head into small florets. Remove and discard the stems of the kale; roughly chop the leaves.

2



Roast the cauliflower:

Place the **cauliflower florets** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast, stirring halfway through, 12 to 14 minutes, or until slightly browned.

3



Cook the egg noodles:

While the cauliflower roasts, add the **egg noodles** to the pot of boiling water. Cook 5 to 6 minutes, or until just shy of al dente. Drain thoroughly and set aside. Rinse and wipe out the pot.

4



Make the béchamel sauce:

While the cauliflower continues to roast, in the same pot used to cook the egg noodles, melt the **butter** on medium heat. Add the **garlic** and cook, stirring frequently, 15 to 30 seconds, or until fragrant. Add the **flour** and cook, stirring frequently, 1 to 2 minutes, or until golden. Slowly whisk in the **milk** and **1 cup of water** until no lumps remain. Bring the mixture to a boil; once boiling, reduce the heat to low. Simmer, whisking constantly, 3 to 6 minutes, or until thickened. Season with salt and pepper to taste.

5



Add the vegetables & noodles:

Whisk the **Parmesan cheese** and **horseradish** into the pot of béchamel sauce until thoroughly incorporated. Add the **roasted cauliflower** and **kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the kale has wilted. Add the **cooked egg noodles** and stir to coat. Remove from heat.

6



Bake the casserole & serve your dish:

Transfer the mixture to an oven-safe baking dish. In a small bowl, toss the **breadcrumbs** with a **drizzle of olive oil**; evenly distribute the seasoned breadcrumbs over the baking dish. Bake 8 to 10 minutes, or until browned and bubbly. Let stand for 2 minutes before serving. Garnish with the **parsley** (roughly chopping the leaves just before adding). Enjoy!