

# Spring Root Vegetable Casserole

*with English Peas & Egg Noodles*

This recipe uses kohlrabi, a curious form of cabbage with a large, tasty stem and few leaves. These unique, spring plants are biennial; kohlrabi takes two years to reach harvestable maturity. Its subtle flavor is the perfect addition to this delicious, filling casserole.



## Ingredients

- 6 Ounces English Peas
- 2 Cloves Garlic
- 2 Spring Onions
- 1 Bunch Lemon Thyme
- 1 Kohlrabi
- 1 Sweet Potato
- 5 Ounces Egg Noodles
- 1 Cup Low-Fat Milk
- ½ Cup Grated Parmesan Cheese
- 2 Tablespoons Butter
- 2 Tablespoons Flour
- ¼ Cup Panko Breadcrumbs

Makes 2 Servings  
About 550 Calories Per Serving

# Instructions



## 1 Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Shell the peas. Peel and mince the garlic. Remove and discard the root of the spring onions. Thinly slice the spring onions, separating the green tops and white bottoms. Pick the thyme leaves off the stems; discard the stems and roughly chop the thyme. Peel and medium dice the kohlrabi and sweet potato.



## 2 Blanch the vegetables:

Once the water is boiling, add the **kohlrabi** and **sweet potato** to the 1st pot of boiling water and cook 10 to 12 minutes, or until tender when pierced with a knife. Drain thoroughly and transfer to a bowl. Set aside.



## 3 Cook the noodles:

While the vegetables cook, and once the 2nd pot of water is boiling, add the **egg noodles** and cook 5 to 6 minutes, or until tender. Reserve 1 cup of the pasta water and drain thoroughly; set aside. Wipe out the pot.



## 4 Make the béchamel sauce:

While the vegetables continue to cook, in the same pot used to cook the noodles, melt the **butter** on medium. Add the **flour**, **garlic** and **white parts of the spring onion** and season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the flour is golden and the onion is slightly softened. Stir in the **milk** and **half the Parmesan cheese**; season with salt and pepper. Cook, stirring frequently, 8 to 10 minutes, or until smooth and thickened. Remove from heat.



## 5 Add the vegetables & noodles:

To the béchamel sauce, add the **shelled peas**, **cooked vegetables**, **cooked noodles**,  $\frac{3}{4}$  cup of the reserved pasta cooking water and **all but a pinch of both the lemon thyme and green parts of the spring onion** (save the rest for garnish). Stir to combine. (If the mixture seems too thick, add up to an additional  $\frac{1}{4}$  cup of the reserved pasta water.)



## 6 Assemble & bake the casserole:

Transfer the vegetable-pasta mixture to a medium baking dish. In a small bowl, combine the **panko breadcrumbs** and **remaining Parmesan cheese** and sprinkle evenly over the casserole. Bake 8 to 10 minutes, or until bubbly and browned. Remove from the oven and let stand for at least 5 minutes before serving. To plate your dish, divide the **casserole** between 2 dishes and garnish with the **remaining lemon thyme and green parts of the spring onion**. Enjoy!