

# Butternut Squash & Kale Casserole

Number of Servings: 4

Prep Time: 60 minutes

Cook Time: 90 minutes

## Ingredients

Casserole:

1-3 Butternut squash depending on size, halved and hollowed

1 tbsp olive oil

8 cups curly Kale, de-spined and cut into bite size pieces

1 large onion

7 garlic cloves, chopped

2 cups mushrooms, sliced

2 tsp ginger, minced

1/8 tsp nutmeg and cumin

Salt & pepper

1/2 can of coconut milk

3 eggs

Topping:

1/3 cup walnuts

1/3 cup croutons

1 tbsp soft butter

1 tbsp parmesan cheese

## Instructions

Roast the squash cut-side down on foil covered cookie-sheet after lightly smearing the cut sides with butter and sprinkling salt and pepper. 30 minutes @ 425F, until skin starts to brown and knife pokes easily. Allow to cool enough to peel skin with your fingers.

In large frying pan cook onion with mushrooms in olive oil until mostly cooked then continue to add kale as it cooks down. Add ginger, garlic, nutmeg, and cumin.

Mash roasted squash with coconut milk and add kale mixture. Stir in eggs.

Crush walnuts, croutons, and parmesan cheese together, then add a little bit of butter to help it stick together.

Cook 30 minutes covered in oven at 425F.