

# Brussels Sprout Casserole

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1 hour to prepare; 1 hour to cook; serves 6

### INGREDIENTS

1 pound Brussels sprouts, cleaned and quartered  
2-3 medium parsnips, peeled, halved lengthwise and chopped into 1/2-inch pieces  
1 medium yellow onion, chopped  
2 medium cloves garlic, minced  
1 cup heavy cream  
2 tablespoons extra virgin olive oil  
2 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
1 cup sharp cheddar cheese, shredded  
1/4 cup Parmesan cheese, grated  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon dried crushed thyme

### PREPARATION

Preheat oven to 350°F.

Sauté Brussels sprouts, parsnips and onion in a medium frying pan until Brussels sprouts are browned and parsnips and onions have softened, about 7 minutes. Add garlic and thyme and sauté until soft, about 3 minutes. Transfer to a 13" x 9" casserole dish. Sprinkle with salt and pepper.

Melt butter in a sauce pot over medium heat. Mix in flour and cook until browned and nutty. Add cream and whisk continuously until thickened, about 5 minutes. Remove from heat and add cheddar cheese. Whisk until smooth.

Pour cheese sauce over vegetables. Sprinkle Parmesan on top and bake for 40-45 minutes or until sauce is bubbling and top is browned.

Recipe adapted from Rutland Farm and Food