

Cauli-Kale Casserole



4-5 cups kale, leaves only, torn into bite sized pieces, washed & dried
3 cups cauliflower, cut into small florets and washed & dried
3 cups whole wheat or multigrain bread (I used the leftover innards from my Ricotta Boule recipe defrosted from my freezer), crusts removed and torn into chunks
6 local eggs, organic and 100% free range if possible
2 medium red onions, halved and thinly sliced
½ cup organic milk (from 100% grass fed cows if possible, or try goat's milk, or So Delicious organic coconut milk beverage)
100 g (3-4 oz) organic goat's milk cheddar (or regular organic cheddar, or a rice/soy-based cheese), grated
~¼ cup olive oil (divided)
2-3 cloves garlic
¼ tsp nutmeg
generous amounts freshly ground sea salt and black pepper
Optional:
½ cup raisins
freshly grated parmesan

Preheat oven to 350-375 F (my gas oven is on the cool side, but if you have a hot oven go with the lower temperature). Heat a large frying pan over med-high heat, add a little olive oil, then fry onions until well browned. Lightly brush (or spray) a large rectangular glass or ceramic baking dish with olive oil, and spread onions in thin layer. In a very large bowl, toss cauliflower and kale with olive oil and garlic. Add bread and cheese (and optional raisins) to combine well. Pour mixture into baking dish atop onions. The mixture should fill the dish quite well without a lot of space or large gaps. (Note: I did mine in a pretty round blue casserole, but it works better and cooks more evenly in a flatter pan.) Whisk together eggs, milk, nutmeg, S+P, and pour slowly over cauli-kale mixture, being sure to cover the entire surface as you pour. (Optional: top with generous amount of freshly ground parmesan to cover entire surface.) Bake for about 50 minutes, until cauliflower is tender and top is starting to brown. If cauliflower isn't tender enough, cover loosely with foil and cook another 10 minutes, then uncover and broil for last 1-2 minutes to brown top as needed.

This casserole is a comforting and satisfying main dish when paired with a simple salad or some vegetable soup. The inside gets soft and lightly creamy, and the top gets brown and crispy. Also makes a great side dish paired with roast chicken or grilled fish.