

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 375 degrees F.
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

1 cup	Butternut Squash (peeled, seeded and cubed)
1/2	Yellow Onion (medium, diced)
1	Garlic (cloves, minced)
1/4 cup	Water
1/2 head	Cauliflower (medium, chopped into florets)
2 cups	Broccoli (chopped into florets)
1/4 cup	Cashews
1/4 cup	Nutritional Yeast
1/4 tsp	Sea Salt
1/8 tsp	Paprika