

Kale Bake

Butternut squash

2 medium,
peeled & cut
into chunks

Olive oil

1 Tablespoon

Thyme, 6 – 8 sprigs

fresh, or 1
Tablespoon
dried

Salt ½ teaspoon

Pepper to taste

Italian sausage

1 pound,
remove casings
or cut into
pieces

Fennel seed

1 teaspoon

Kale 1 bunch

Garlic 6 cloves, chopped

Rigatoni noodles

8 ounces,
uncooked

Cream or half & half, 1 cup

Stock ¾ cup

Mozzarella

2 cups,
shredded

Goat cheese

¼ cup,
crumbles

Bread 2-3 cups cubed

8 servings

1 Roast

Fill a 9 x 13 inch casserole dish with squash pieces. Toss with olive oil, thyme, ¼ teaspoon salt, and pepper to taste. Bake on 400° f or 20 minutes or until tender. If you use dried thyme, add a lemon-thyme plant to your list of new kitchen window herbs to grow.

2 Boil

Use rigatoni or your other favorite bite size noodle. Boil for 2 minutes less than package instructions. Drain.

3 Sauté

Sauté sausage with fennel on medium-high heat until sausage is cooked, discard excess oil. Lower heat to medium, add chopped kale, garlic, ¼ teaspoon salt, and pepper to taste, sauté until kale is wilted (3-5 minutes).

4 Combine

Reduce oven heat to 375°. Mix noodles, sausage, cubed bread and all of the cheese (except for ½ cup of Mozzarella) with the butternut squash in the casserole dish. Pour the cream and broth over the top, stirring so the bread cubes are moist. Cover with ½ cup of remaining cheese. Bake for 25 minutes until heated thoroughly and crusty on top.

Many hands made this recipe into what it is here in print. We encourage you to continue the experiment and add or substitute whatever inspires you.



Casserole Tip



You could make this gluten free with quinoa noodles and gluten-free bread chunks. You could make this dairy free by blending raw cashews and garlic into a 'cream' sauce. You could make this vegetarian by using tempeh or veggie sausage instead of sausage. That's the beauty of casserole, it's heart warming no matter how you make it.