

Foodnity Recipes

Creamy Vegetable Casserole Bake - Cozy & Healthy

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups broccoli florets
- [ ] 1 cup cauliflower florets
- [ ] 1 cup carrot slices
- [ ] 1 cup heavy cream
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 1/2 cup whole-grain breadcrumbs
- [ ] 2 tbsp butter
- [ ] 2 cloves garlic, minced
- [ ] 1/2 onion, diced
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Preheat oven to 375°F (190°C). Lightly grease a 9-inch baking dish.
2. In a skillet, melt butter over medium heat, sauté garlic and onion until soft, then stir in heavy cream, cheese, lemon juice, salt, and pepper; simmer until sauce thickens.
3. Add the broccoli, cauliflower, and carrots to the sauce, tossing to coat evenly; transfer the mixture to the prepared dish.
4. Sprinkle breadcrumbs over the top and bake for 25-30 minutes, until golden and bubbling.
5. Allow the casserole to rest 5 minutes before serving; enjoy the comforting warmth.

Nutrition per serving

420 kcal	12 g	22 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a deeper flavor, add a pinch of smoked paprika to the sauce.
- For extra crunch, toss toasted pine nuts with the breadcrumb topping.
- Feel free to swap in other seasonal vegetables like zucchini or green beans.