

Foodnity Recipes

Creamy Winter Vegetable Casserole

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups carrots, peeled and diced
- [ ] 2 cups sweet potatoes, peeled and diced
- [ ] 1 cup parsnips, peeled and diced
- [ ] 2 cups cauliflower florets
- [ ] 1 cup heavy cream
- [ ] 1 cup whole milk
- [ ] 1½ cups shredded cheddar cheese
- [ ] ½ cup shredded Gruyère cheese
- [ ] 2 tbsp butter, melted
- [ ] ½ cup panko breadcrumbs
- [ ] 1 tsp fresh thyme, minced
- [ ] ¼ tsp ground nutmeg
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
2. In a large pot, bring salted water to a boil and par-cook the carrots, sweet potatoes, and parsnips for 5-7 minutes until just tender. Add cauliflower and cook an additional 3 minutes, then drain well.
3. In a saucepan over medium heat, melt butter, add minced thyme, and cook 30 seconds. Whisk in heavy cream, milk, nutmeg, salt, and pepper. Raise heat slightly, stir in cheddar and Gruyère until smooth and bubbling.
4. Layer the cooked vegetables in the prepared dish, pour the cheese sauce evenly over them, and sprinkle the breadcrumb-butter mixture on top.
5. Bake for 30-35 minutes, until the sauce is bubbling and the topping is golden. Let rest 10 minutes before serving.

Nutrition per serving

420 kcal	12 g	38 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter sauce, substitute half of the heavy cream with low-fat milk.
- For extra depth, stir in a tablespoon of caramelized onions before adding the cheese sauce.
- A dash of smoked paprika on the topping adds a subtle warmth.