

Carrot and Kohlrabi Casserole

Recipe By Brynie Greisman



family table

Mishpacha

Cooking and Prep:  1
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Serves:  10

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Vegan,
Pescetarian

Source: Family Table by
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I'm often asked for new ideas for side dishes that aren't full of carbs or fat (we're up to there with potatoes already!) present decently when served and most important — taste good. I think this dish fits the bill. It's even egg free.

We're all familiar with carrots eaten cooked, raw, or used in baking. Kohlrabi is referred to as a "cabbage turnip." It's a crispy, juicy vegetable that's equally good raw or cooked, and is high in antioxidants. Don't hesitate to experiment with it — you can even make "kohlrabi fries." Be sure to peel thoroughly before using.

Ingredients (11)

Main ingredients

- 2 large kohlrabi, peeled and sliced thinly (see tip)
- 4 medium carrots, sliced
- 1 small onion, chopped

- 2 and 1/2 tablespoons oil, divided
 - 2 tablespoons flour
 - 1 teaspoon salt
 - dash or more of pepper
 - 1 and 1/2 cups **Gefen Soy Milk**
 - 1/4 cup minced fresh parsley
 - 1 and 1/2 tablespoons lemon juice
 - 1/2 cup **Gefen Bread Crumbs** or other golden bread crumbs
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Start Cooking

Make the Casserole

1. Place kohlrabi and carrots in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 15–20 minutes or until tender. Drain well; set aside. (This can be done earlier in the day.)
2. In a large skillet, sauté onion in one and a half tablespoons oil until tender. Stir in the flour, salt, and pepper until blended. Gradually whisk in soy milk. Bring to a boil; cook and stir for two to three minutes or until thickened. Remove from heat and stir in the vegetables, parsley, and lemon juice. Transfer to a 2-quart oven-to-tableware dish coated with oil spray.
3. Wipe out the skillet with a paper towel, then heat remaining oil in it. Add bread crumbs and stir for two to four minutes or until crispy. Sprinkle over casserole. Baked uncovered at 350 degrees Fahrenheit (180 degrees Celsius) for 25 minutes or until set.

Note:

This is a very mild-tasting dish. Feel free to up the seasoning and/or add spices of your own to suit your taste.

Tip:

For easiest slicing of kohlrabi, slice down the middle and place in food processor. This way you have pretty half-moon slices. Carrots can be processed whole to get rounds.