



Healthy Squash and Kale Casserole

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups brown rice frozen thawed
- ☐ 1 large eggs beaten
- ☐ 1 small garlic clove minced
- ☐ 5 ounces kale finely chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 cup panko bread crumbs

- ☐ 0.3 cup parmesan grated
- ☐ 1 cup swiss grated
- ☐ 0.3 onion yellow chopped
- ☐ 8 ounces of diced yellow
- ☐ 8 ounces of diced

Equipment

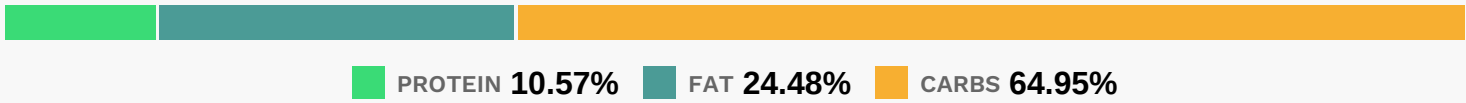
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat the olive oil in a large nonstick skillet over medium heat, add the onions and cook, stirring occasionally, until just browned and soft, about 5 minutes.
- ☐ Add the kale, garlic and 1/2 teaspoon each salt and pepper and cook until the kale is bright green, about 2 minutes.
- ☐ Add the broth and continue to cook until the kale is wilted and most of the broth is absorbed, about 5 minutes more.
- ☐ Add the squash, zucchini and 1/2 teaspoon salt and toss to combine with the kale. Continue cooking until the squash begins to soften, about 8 minutes.
- ☐ Remove from the heat and stir in the mayonnaise.
- ☐ Toss the cooked vegetables, brown rice, cheeses, 1/2 cup of the bread crumbs and the egg in a large bowl until mixed. Spray a 9-inch square or 2-quart casserole dish with cooking spray.
- ☐ Spread the mixture in the bottom of the casserole and top with the remaining 1/2 cup bread crumbs, 1/4 teaspoon salt and a few grinds of pepper.
- ☐ Bake until the squash and zucchini are tender and the top is browned and crisp, about 35 minutes.

- ☐
- Serve hot.
- ☐
- Make-Ahead Tip: Freeze the baked casserole for up to 2 weeks. Cover with foil and reheat at 350 degrees F until hot, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:55.96, Glycemic Load:41.29, Inflammation Score:-10, Nutrition Score:29.5660868888313%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.8mg, Isorhamnetin: 5.8mg, Isorhamnetin: 5.8mg, Isorhamnetin: 5.8mg Kaempferol: 11.44mg, Kaempferol: 11.44mg, Kaempferol: 11.44mg, Kaempferol: 11.44mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 517.94kcal (25.9%), Fat: 14.14g (21.76%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 84.43g (28.14%), Net Carbohydrates: 78.78g (28.65%), Sugar: 2.98g (3.31%), Cholesterol: 36.74mg (12.25%), Sodium: 242.83mg (10.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.48%), Manganese: 3.99mg (199.46%), Vitamin K: 156.08µg (148.65%), Vitamin A: 2970.36IU (59.41%), Vitamin C: 37.55mg (45.52%), Magnesium: 170.48mg (42.62%), Phosphorus: 375.97mg (37.6%), Vitamin B1: 0.56mg (37.5%), Vitamin B6: 0.71mg (35.69%), Vitamin B3: 5.71mg (28.57%), Fiber: 5.65g (22.61%), Calcium: 198.49mg (19.85%), Vitamin B2: 0.32mg (19%), Copper: 0.37mg (18.73%), Vitamin B5: 1.81mg (18.12%), Zinc: 2.71mg (18.07%), Iron: 3.25mg (18.04%), Potassium: 621.37mg (17.75%), Folate: 70.66µg (17.67%), Selenium: 6.95µg (9.93%), Vitamin E: 1.3mg (8.63%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.2µg (1.36%)