

Healthy Hash Brown Casserole

Course Main Course, Side Dish

Prep Time 15 minutes Cook Time 1 hour Total Time 1 hour 15 minutes Servings 8 Calories 230 kcal

Ingredients

Sauce

- 1 1/4 cups water
- 1 cup plain sugar-free non-dairy milk
- 3/4 cup [nutritional yeast](#)
- 1/4 cup raw cashews or 2 tablespoons tahini optional (I use tahini, its easier and smoother)
- 3 tablespoons potato starch or cornstarch
- 1 1/2 tablespoons lemon juice
- 1 - 1 1/2 teaspoons salt omit for low-sodium diets
- 1 teaspoon dry mustard
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1/8 - 1/4 teaspoon cayenne pepper optional (use 1/4 it really adds to the taste.)
- black pepper to taste

Casserole

- 1 large onion chopped
- 3-4 cloves garlic minced
- 12 ounces kale stems removed and leaves chopped (I used some broccoli instead of Kale)
- 16 ounces frozen Southern-style hash brown potatoes thawed (see notes below)
- 1 15- ounce can chickpeas rinsed and drained

Instructions

1. Preheat oven to 350 F. Oil a 11x9-inch baking dish.
2. Place sauce ingredients in blender and blend at high speed until smooth.
3. Heat a large, deep non-stick skillet or wok over medium-high heat. Add the onion and cook, stirring, until softened, about 3 minutes. (Add water by the tablespoon if needed to prevent sticking.) Stir in the garlic, kale, (broccoli) and 2 tablespoons of water; cover tightly. Cook, stirring every 60 seconds, until kale has wilted to about half its volume.
4. Add the sauce, hash browns, and chickpeas. Cook, stirring constantly, until the sauce begins to thicken.
5. Pour into prepared baking dish. Cover with foil and bake for 40 minutes. Uncover and bake until casserole is set (no longer liquid in the middle), 10-15 minutes. Serve hot.

Recipe Notes

To make a more traditional style casserole, leave out the kale and chickpeas and use a 32-ounce package of hash browns instead.

Be sure to buy diced hash browns with no oil added. They should contain about 70 calories and no fat per serving. If they aren't available, peel and cut regular potatoes into 1/2-inch cubes.

I save some of the sauce in the refrigerator. You can thicken it by cooking and stirring it slowly and when it is thick enough pour it over macaroni and broccoli. (Delicious cheesy sauce)