

Hash Brown Casserole

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, microwave safe mixing bowl, 8x8 baking dish or cast iron skillet

Serves: 6-8

Ingredients:

- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1/2 medium onion
- 3 cups frozen hash brown style potatoes
- 3 cups of cauliflower sliced thinly.
- 1 cup healthy request cream of mushroom soup
- ¼ cup sour cream
- ½ cup shredded cheddar cheese
- 1 cup Whole Wheat Cracker Crumbs (optional.)

Directions:

1. Preheat oven to 375 degrees.
2. Cut onion in half and slice thinly, move to the side and slice the head of cauliflower in half and slice on half of it into thin pieces.
3. To your skillet add half of your butter and oil. Bring to medium heat and saute onion until it begins to soften. Add cauliflower and sautee for 2 minutes, until you start to see some color on the onions and cauliflower. Add potatoes and continue to cook for a minute or two to soften the frozen shredded potatoes.
4. Season lightly with salt and pepper and remove from heat.
5. In a small bowl combine the cream of mushroom soup, one cup of water and the sour cream. Pour over the potato mixture and once evenly coated, add in the cheese and mix until evenly distributed throughout.
6. In another bowl melt the remaining butter and add remaining olive oil. Crush 1 cup worth of whole wheat crackers and mix in with the butter. Coat the top of the casserole and place in oven for approximately 20-25 minutes.
7. Remove from oven when cracker topping is golden brown and bubbling throughout or until thermometer reaches 165 degrees.



Nutrition Information (per 1/6 recipe):

Calories: 170 Fat: 7.7 g Carbs: 21.6 g Protein: 4.9 g Fiber: 3.1 g Sodium: 249.8 mg

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