



The Birkett Mills Recipes

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P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Entrées: Kasha And Zucchini Casserole

A delicious, fresh casserole made with kasha.

Serves: 4 people

Ingredients

1 cup whole, coarse or medium
grind kasha
2 cups prepared chicken broth
2 tablespoons butter
2 medium
sized zucchini, cut in half moons (about 4 cups)
2 medium
sized onions, thinly sliced (about 2 cups)
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 1/2 cups shredded sharp cheddar cheese, divided
1 1/4 cups sour cream

Directions

Preheat oven to 350 F. Grease a 2-quart casserole with butter or oil. Prepare kasha according to package directions, using chicken broth.

Meanwhile, in a large skillet over medium-high heat, melt butter. Add zucchini, onions, salt and pepper; cook and stir until tender and lightly browned, about 9 minutes.

In a bowl, combine 1/2 cup of the cheese, the sour cream and 1/3 cup water; stir in cooked

Spread half of kasha mixture in prepared casserole; top with half of the zucchini-onion mixture and 1/2 cup of the cheese; repeat with remaining kasha, vegetables and cheese.

Cover and bake until hot, about 25 minutes.