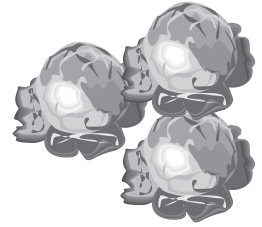


Brussels Sprout-Squash Casserole

Sr. Anne Rothmeier - mother's recipe



Ingredients

1 pound Brussels sprouts
1 1/2 cups winter squash,
peeled and cubed
1 medium onion, minced
1 cup chopped celery
1 tablespoon butter
2 tablespoons oil
1/4 cup whole wheat or
white flour
2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
dash of nutmeg (if
desired)

Directions

Clean, trim and core Brussels sprouts, cutting the larger ones in half.

Steam squash and sprouts separately until barely tender. Set aside.

Pre-heat oven to 350 degrees.

While squash and sprouts cook, chop onion and celery. sauté onion in butter and oil.

Add flour and cook slowly for 3 minutes, stirring continually.

Add milk slowly, stirring to keep mixture smooth. Bring to a boil and remove from heat. Add seasonings.

In a greased 8" x 8" baking dish, arrange cubed squash on bottom and evenly spread a layer of Brussels sprouts over it.

Sprinkle chopped celery over the top. Pour the sauce over the vegetables and sprinkle with nutmeg (if desired).

Bake for 30 minutes. Serves 4 to 6.