Broccoli Mushroom Noodle Casserole

Makes about 6 servings

Adapted from The New Moosewood Cookbook by Mollie Katzen

1 1-lb. package of wide flat egg noodles

2 tbsp. butter

2 c. chopped onion

3 medium cloves of garlic, minced

1 large head of broccoli, chopped – be sure to include the stem – when it gets tough, peel it and continue slicing the center – oftentimes, it’s the sweetest part!

1 lb. mushrooms, sliced or chopped

½ tsp. salt (more, to taste)

½ tsp. dried oregano or 1 tsp. fresh oregano

lots of fresh black pepper

Optional: ¼ c. dry white wine

Optional: 3 eggs, beaten

3 c. (1 ½ lbs.) cottage cheese (low fat, ok)

1 c. sour cream or buttermilk (low fat, ok)

1 ½ c. fine bread crumbs and or wheat germ

Optional: 1 c. packed grated medium or sharp cheddar cheese

1. Preheat the oven to 350**°**F. Butter or oil a 9x13 inch baking pan.
2. Cook the noodles in boiling water until about half-done. Drain and rinse under cold water. Drain again and set aside.
3. Melt the butter or margarine in a large skillet, and add onions and garlic. Saute for about 5 minutes over medium heat. Then add broccoli, mushrooms, salt, oregano, and pepper. Continue to cook, stirring frequently, until the broccoli is bright green and just tender. Remove from heat and possibly add optional white wine.
4. In a large bowl, beat together optional eggs (or not) with cottage cheese and sour cream or buttermilk. Add noodles, sautéed vegetables, and 1 c. of the bread crumbs. Mix well.
5. Spread into the prepared pan, and top with remaining bread crumbs and, if desired, grated cheese. Bake, covered, for 30 minutes; uncovered for 15 minutes more.