

# French-Style Poppy Seed Egg Noodle Dish

*A recipe from my ancient hand-typed cookbooi. Have no idea of its origin.*

Internet address:



- 8 ounces egg noodles
- 6 tablespoons sour cream
- 3 tablespoons milk
- 1/2 teaspoon dried herbs, your choice (I used thyme, oregano, dried basil, sage)
- 2 tablespoons green onions, minced
- 1 1/2 tablespoons poppy seeds (save some for garnishing the top)
- 4 tablespoons unsalted butter
- 2 teaspoons lemon juice

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

1. Preheat oven to 325°F.
2. Cook the egg noodles in boiling, salted water but cook them fewer minutes than recommended so there is still a bite to them. Drain.
2. Meanwhile, In a large bowl combine the sour cream, milk, herbs, poppy seeds (most of them) and green onions. Pour the hot noodles over this mixture and stir well.
3. Pour into a greased casserole dish. Sprinkle additional poppy seeds on top, dot with butter, and drizzle with the lemon juice. Cover with lid or foil.
4. Bake for 20-25 minutes. Time your dinner so you can take this out of the oven and serve it immediately. Because of the airiness of the noodles (it's not a solid mass like lasagna) they cool very quickly.
5. Make Ahead: You can prepare this up through step 3 and chill the casserole. Remove from refrigerator at least 30 minutes before baking, and check time in the oven - it may take a few more minutes to heat through and cook the noodles. I wouldn't advise freezing this casserole as too many ice crystals would form on all the looped noodles.

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Per Serving (excluding unknown items): 195 Calories; 10g Fat (46.3% calories from fat); 5g Protein; 21g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 16mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.