

Create a Casserole!

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each casserole serves 4 adults.

Step 1 Choose one starch

Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 20 minutes.

Pasta, noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.

Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.

Tortilla: Flour or corn

Step 2 Choose one protein

- 1 pound cooked ground beef

- 1½ cups cooked and diced chicken, turkey, ham, beef, or pork

- 2 cups chopped hard-boiled eggs

- 1-2 (6-8-ounce) cans tuna, salmon, or other fish, flaked

- 1 (15-ounce) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)

Step 3 Choose one or two vegetables

- broccoli, carrots, corn, green beans, peas, squash, mixed vegetables, etc.

- 2 cups fresh vegetables, cooked

- 2 cups frozen vegetables, cooked

- 1 (15-ounce) can vegetables

Step 4 Choose one sauce

- 1 (10-ounce) can soup (low-fat, low sodium cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)

- 1 (15-ounce) can diced tomatoes with juice

- 2 cups white sauce (1½ tablespoons butter, margarine, or oil + 3 tablespoons flour + 1½ cups skim milk + ½ teaspoon salt + dash of black pepper)

Step 5 Choose one or more flavors

- ½ cup chopped onion, celery, green pepper, ¼ cup sliced black olives, ½ cup salsa

- 1-2 cloves garlic, crushed

- 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.)

- Salt and pepper to taste

Step 6 Choose one or more toppings

- 2 tablespoons grated Parmesan cheese

- ¼ cup grated cheddar or mozzarella cheese

- ¼ cup buttered bread crumbs

Directions

Select a food from each category or use your own favorites.

Combine all ingredients except toppings in a 9"x13" pan coated with cooking spray.

Bake* at 350° F until bubbly (30-45 minutes).

Add toppings and return to oven about 10 minutes.

*May cook on stove top in saucepan or skillet for 15-20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.