

Create a Casserole

Creating your own casserole is an easy way to make a meal from ingredients you have on hand!

1. Using the chart below, choose one ingredient from each column.
2. Arrange selected ingredients in a casserole dish; cover with a lid or aluminum foil.
3. Bake in a preheated oven at 375°F for ½ hour, until bubbly.
4. For freezing, line the casserole dish with foil. Add ingredients, wrap, and freeze. Remove the dish to use for other meals. When you are ready to heat your casserole place the frozen package bake into the dish and bake.
5. Return casserole with topping(s), uncovered, to oven for about 10 minutes.

Starch - select ONE:	Protein - select ONE:	Vegetable - select ONE:	Sauce - select ONE:	Flavor - select ONE or MORE:	Topping- select ONE or MORE: (If desired after heating, place on top)
<ul style="list-style-type: none"> · 2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED · 1 cup uncooked long-grain white or brown rice, COOKED · 4 cups uncooked noodles, COOKED 	<ul style="list-style-type: none"> · 2 cups cooked lean ground meat · 2 cups cooked and diced chicken, turkey, ham, beef, or pork · 2 cups chopped hard-cooked egg · 2 (6 to 8-oz.) cans fish or seafood, flaked · 2 cups cooked or canned dry beans (kidney, etc.) 	<ul style="list-style-type: none"> · 1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas · 1 (16-oz.) can green beans, peas, carrots, corn, drained · 2 cups sliced fresh zucchini 	<ul style="list-style-type: none"> · 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups · 1 (16-oz.) can diced tomatoes with juice · Salt and pepper to taste 	<ul style="list-style-type: none"> · 1/2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives · 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon) · Salt and pepper to taste 	<ul style="list-style-type: none"> · 2 tablespoons grated Parmesan cheese · 1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese · 1/4 cup buttered bread crumbs · 1/4 to 1/2 cup canned fried onion rings

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