



Family & Consumer Sciences

*Cent&ible Nutrition Program*

*Helping Families Eat Better for Less*



## Create Your Own Casserole

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

1. Using the chart on the following page, choose one ingredient from each column. Prepare ingredients.
2. Arrange selected ingredients in a casserole dish or 9x13-inch baking pan coated with non-stick spray. Cover with a lid or aluminum foil.
3. Bake in a preheated oven at 375°F for 30 minutes, 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” back into the dish and bake.



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# Create Your Own Casserole

(Choose one ingredient from each column)

Protein food (1½-2 cups cooked or canned)	Sauce (1 can condensed soup + ⅓ cup liquid)	Flavoring Choose one or more
<ul style="list-style-type: none"> <li>• <i>CNP Meat Sauce</i> (page 387)</li> <li>• Ham, sliced or cubed</li> <li>• Chicken or turkey</li> <li>• Beef, lamb, veal, game, or pork</li> <li>• Extra firm tofu, drained</li> <li>• Hard cooked eggs</li> <li>• Tuna, salmon or other fish</li> <li>• Dried beans or lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of celery soup + low-fat milk</li> <li>• Cream of chicken soup + buttermilk</li> <li>• Cream of mushroom soup + low-fat milk</li> <li>• Cream of potato soup + low-fat sour cream</li> <li>• Green pea soup + tomato juice</li> <li>• Cheddar cheese soup + vegetable juice</li> <li>• Tomato sauce + water</li> <li>• 1½ cup <i>CNP magic Mix</i> medium white sauce made with water or broth (page 317)</li> </ul>	<ul style="list-style-type: none"> <li>• Green pepper, celery and onion, browned</li> <li>• 2 garlic cloves, chopped (½ teaspoon powder, 1 teaspoon minced)</li> <li>• ½ cup Homemade salsa (page 182)</li> <li>• 1-2 teaspoons dried herbs</li> <li>• 2 teaspoons <i>CNP Italian Seasoning</i> (page 59)</li> <li>• 1 teaspoon <i>CNP Mexican Seasoning</i> (page 60)</li> <li>• 1 teaspoon <i>CNP Herb Ranch Seasoning</i> (page 59)</li> </ul>
Cooked vegetables (2 cups fresh, frozen, or canned)	Cooked pasta (1½-2 cups)	Topping (2-4 Tablespoons)
<ul style="list-style-type: none"> <li>• <i>CNP Vegetable Mix</i> (page 167)</li> <li>• Broccoli</li> <li>• Green beans</li> <li>• Peas</li> <li>• Carrots</li> <li>• Asparagus</li> <li>• Corn</li> <li>• Sweet potatoes</li> <li>• Summer squash</li> <li>• Zucchini</li> <li>• Tomatoes</li> <li>• Mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-wheat pasta</li> <li>• Brown rice</li> <li>• Or use whole-wheat or corn tortillas cut into wedges</li> </ul>	<ul style="list-style-type: none"> <li>• Bread crumbs</li> <li>• Onion rings Crushed cornflakes</li> <li>• Potato sticks, Cracker crumbs</li> <li>• Stuffing mix</li> <li>• Shredded cheese (add near end of cooking)</li> </ul>