



## **MAKE YOUR OWN CASSEROLE**

**Makes 6 servings**

Turn leftovers into family favorites!

### ***General Directions:***

Select foods from each category or use your own favorites. Combine in a greased 2-2 2 quart casserole dish. Cover and bake at 350 F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot [165 F] throughout.

### **STARCH-Select ONE:**

- # 2 cups uncooked pasta (macaroni, penne, spiral, bow tie, etc.) *COOKED*
- # 1 cup uncooked long-grain white or brown rice, *COOKED*
- # 4 cups uncooked noodles, *COOKED*

### **PROTEIN-Select ONE:**

- # 2 cups cooked ground beef
- # 2 cups cooked and diced chicken, turkey, ham, beef or pork
- # 2 cups chopped hard cooked egg
- # 2 (6-8 oz.) Cans tuna fish, salmon or seafood, flaked
- # 2 cups cooked dry or canned beans (kidney, black, etc.)

### **VEGETABLE-Select ONE:**

- # 1 (10 oz.) Package thawed and drained frozen spinach, broccoli, peas, etc.
- # 1 (16 oz.) Can drained, green beans, peas, carrots, corn, etc.
- # 2 cups sliced fresh vegetables-zucchini, tomatoes, broccoli, etc.

### **SAUCE-Select ONE:**

- # 2 cups white sauce or 1 can sauce type soup (mushroom, celery, cheese, tomato, etc.)
- # 1 (16 oz.) Can diced tomatoes with juice

### **FLAVOR-Select ONE or MORE:**

- # 2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives
- # 1-2 tsps. mixed dried leaf herbs (basil, thyme, marjoram, tarragon, etc.)
- # Salt and pepper to taste

### **TOPPING-Select ONE or MORE:**

If desired after heating, place on top:

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 TBS Parmesan                | 1/4 cup shredded cheese (any type)   |
| 1/4 cup buttered bread crumbs | 1/4-1/2 cup canned fried onion rings |

Return casserole with toppings, uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.

*Let your creative juices flow...*