

RECIPE GUIDE: Casserole

A casserole is an easy way to prepare dinner with a variety of ingredients. Leftover foods such as pasta, veggies, and meats make great ingredients for a casserole.

Yield: 4 servings



Protein - 8 ounces cooked chicken, turkey, beef, pork, or fish or shellfish; 12 ounces tofu; 2 cups beans or chickpeas



Vegetables - 2-3 cups chopped spinach, kale, chard, turnip greens, peas, potatoes, carrots, green beans, asparagus, zucchini, mushroom, onion, broccoli, cauliflower, tomatoes, bell or other chili peppers



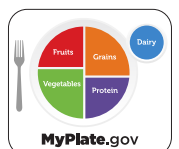
Grain - 4 cups cooked pasta; or 2 cups cooked noodles, brown rice, barley, or quinoa



Sauce - 1 1/2 to 2 cups canned soup, canned diced tomatoes, pasta sauce, enchilada sauce



Toppings - 1/2 cup breadcrumbs, shredded low fat cheese, and/or crushed cornflakes; 2 tablespoons chopped herbs (parsley, cilantro, green onion)



PROCEDURE and TIPS

Step 1:

Add 1 tablespoon of olive oil or vegetable oil to a skillet and saute vegetables 4-8 minutes, depending on the vegetable, just until they begin to soften.

Step 2:

Toss all ingredients, except toppings, in a large bowl. Season with salt and pepper, if needed. Mix to combine.

Step 3:

Place the mixture in a 9 x 9-inch baking dish.

Step 4:

Sprinkle toppings on top.

Step 5:

Bake at 350°F for 25-35 minutes or until top is golden brown and the edges are bubbly.

Tips for success:

- You can also layer the ingredients instead of tossing them all together for variety of presentation
- Undercooking the grain ingredient you choose just by a bit will help to prevent the grain from becoming too soft when baking.

