

# Knowledge @ Noon

## *“Casseroles, Comfort Foods”*



*Wednesday, February 19, 2014*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS

K-State Research & Extension, Miami County

*Instructors:*

*Miami County Extension Master Food Volunteers*

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# How to Make a Casserole from What's on Hand

Alice Henneman, MS, RD, UNL Lancaster County Extension Educator, ahenneman1@unl.edu

Create delicious casseroles from this basic recipe.

## **Make-Your-Own" Casserole** (Makes 6 servings)

**General Directions:** Select food(s) from each category or use your own favorites. Combine in a buttered 2- to 2 1/2- 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), 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 to 8-oz.) cans fish or seafood, flaked
- 2 cups cooked or canned dry beans (kidney, etc.)

### **Vegetable - select ONE:**

- 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

### **Sauce - select ONE:**

- 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

### **Flavor - select ONE or MORE:**

- 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

### **Topping- select ONE or MORE:** (If desired after heating, place on top)

- 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

Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.



Image courtesy of  
National Cancer Institute

**Know how. Know now.**

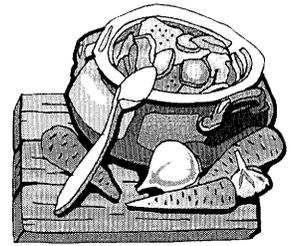


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# Make Your Own Casserole

Makes 6 servings

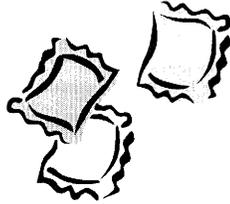


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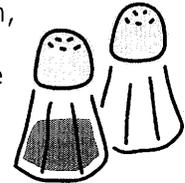
Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.

## Sauce—select ONE:

- 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

## Flavor—select ONE or MORE:

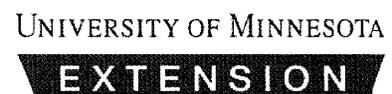
- 1/2 cup chopped celery, 1/4 cup chopped onion, or 1/4 cup sliced black olives
- 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon, etc.)
- Salt and pepper to taste



## Topping—select ONE or MORE:

If desired after heating, place on top:

- 2 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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## Invent a Casserole

Choose one ingredient from each column. Seasoning and toppings can be added, if desired.			
Rice, Noodles, or Grains (Cooked)	Vegetable	Meat	Sauce
1½ to 2 cups	1½ cups	1½ to 2 cups	1 cup or 1 can soup + ½ cup milk or water
Noodles Macaroni Rice Spaghetti Bread Barley or bulgur  <i>Seasonings</i> <ul style="list-style-type: none"> <li>• Salt and pepper to taste</li> <li>• ¼ cup chopped onion, celery or green pepper</li> <li>• ½ teaspoon parsley, oregano, or other herb</li> </ul>	Mixed vegetables Tomatoes Corn Green beans Acorn squash Peas Broccoli Green pepper Cabbage Zucchini Potatoes Turnip Sweet potatoes	Tuna fish Cooked beans Pork and beans Split peas Lentils Canned meat Eggs Cooked hamburger Cooked turkey Cooked chicken Cooked pork Cooked lean ground sausage Canned beans	White sauce Cheese sauce Tomato soup Cream soup  <i>Toppings</i> <ul style="list-style-type: none"> <li>• Cracker crumbs</li> <li>• Bread/toast crumbs</li> <li>• Dry unsweetened cereal</li> </ul>
<b>To bake in oven:</b>		Layer or mix all foods in a casserole dish. Bake at 350°F for 20 to 30 minutes.	
<b>To cook on stovetop:</b>		Heat and stir everything except the topping. Add more liquid if it gets dry. Pour into a serving dish and sprinkle on topping.	
<b>To cook in an electric fry pan:</b>		Measure water for noodles or rice, cook until tender. Drain off excess water. Mix in remaining ingredients except for topping. Heat 5 to 10 minutes. Sprinkle on toppings.	
<b>Microwave:</b>		Microwave on HIGH for 6 to 8 minutes.	

# Invent a Casserole

## Favorite Combinations

	Rice, Noodles or Grains, cooked	Vegetables	Meat	Sauce	Extra	Toppings
<b>Hambo</b>	Rice	Cauliflower	Ham	Cheddar cheese soup		Bread crumbs, cheese
<b>South of the Border</b>	Elbows	Corn	Ground beef	Tomatoes	Taco seasoning, olives	Tortillas, cheddar cheese
<b>Monterey Chicken</b>	Egg noodles	Broccoli	Chicken	Cream of chicken soup	Green chilies	Cracker crumbs, Jack cheese
<b>Beefy Onion</b>	Elbows	Green beans	Cubed beef	Cream of mushroom soup	Mushrooms, French fried onions	French fried onions
<b>Sea Special</b>	Wide noodles	Green beans	Tuna	Cream of mushroom soup	Mushroom	Cracker crumbs
<b>Chili Mac</b>	Spiral noodles, ramen noodles	Tomatoes, green peppers, celery, onions	Kidney beans	Tomato soup	Chili seasoning	Cheddar cheese
<b>Taco Rice</b>	Rice	Corn	Ground Beef or Cooked Beans	Canned Tomatoes	Taco Seasoning or Chili Powder	Cheddar Cheese

Your Family Favorites:

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## Soup and Casserole Sauce Mix

A recipe for soup and casserole sauce mix which costs just pennies and substitutes for a can of commercial cream soup.

Canned condensed cream soups are used in many recipes such as casseroles, meat dishes, homemade soups and more. While manufacturers make low-fat and low-sodium varieties, it typically costs more to choose the healthier options. Make your own cream soup mix to save money and hold the line on fat and sodium.

### Healthy Cream Soup and Sauce Mix

#### Ingredients:

- 2 cups nonfat dry milk powder
- 3/4 cup cornstarch
- 1/4 cup instant reduced-sodium chicken (or other flavor) bouillon granules
- 1/2 teaspoon ground black pepper
- 2 tablespoons dried, minced onion flakes (optional)
- 1/2 teaspoon dried crushed basil (optional)
- 1/2 teaspoon dried crushed thyme (optional)

#### Directions:

1. Combine all ingredients. Store in an airtight container. Makes 3 cups mix, equivalent to 9 cans cream soup.

#### Directions to use soup mix:

1. Combine 1/3 cup mix with 1 1/4 cups water in a saucepan or microwave cooking dish. Cook and stir until thickened.  
Or, add mix and water to browned and drained casserole meat and cook in skillet with other casserole ingredients until thickened.

Makes the equivalent of one can condensed cream soup.

To make other flavors of cream soup, add 1/4 to 1/2 cup of cooked mushrooms, celery, broccoli, potatoes, onion or lowfat cheese to prepared soup mix.

*Nutrition Facts: 1/3 cup dry mix contains 100 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 360 mg sodium, 19g total carbohydrate, 0g fiber, 9g sugar, 6g protein*

*Source: Adapted from Utah State University Cooperative Extension, USDA NDM Recipes and Linda Beech, Finney County*



Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

## CREAM SOUP MIX

- 2 cups nonfat dry milk
- 3/4 cup cornstarch
- 1/4 cup low sodium instant chicken or beef bouillon
- 2 tablespoons dried onion flakes
- 1/4 teaspoon ground pepper
- 1 teaspoon dried thyme (optional)
- 1 teaspoon dried basil (optional)
- 1/2 teaspoon garlic powder (optional)



Combine ingredients, put in airtight container and store in refrigerator or freezer.

To use as a substitute for one can condensed cream soup, measure 1/3 cup dry soup mix and 1 1/4 cups water. Mix together with a fork or whisk and cook on medium heat until thickened, stirring constantly.

### Potato Soup

- 2/3 cup Cream Soup Mix
  - 2 1/2 cups water
  - 2 cups cooked, cubed potatoes
  - Diced ham or bacon (optional)
  - Cooked carrots or broccoli (optional)
- Mix soup mix and water in a saucepan. Bring to a boil to thicken. Add remaining ingredients.

### Noodle Main Dish

- 2 cups dry noodles
- 2/3 cup Cream Soup Mix
- 2 1/2 cups water
- 1 can tuna or turkey
- 1/2 cup peas
- 1 cup shredded cheese

Preheat oven to 325 degrees.  
Cook noodles according to package.  
Mix dry soup mix with water, slowly bring to boil to thicken. Remove from heat.  
Stir soup and remaining ingredients in casserole dish. Bake 40 minutes.

**Nutrition**  
Education Programs

Compared to canned condensed cream soup, cream soup mix is much lower in sodium and saves you money!



Use the cream soup mix to create...

**Cream of Mushroom Soup**—Add 1 1/2 cups cooked sliced mushrooms to cream soup.

**Bean Soup**—Add 1 1/2 to 2 cups of cooked dried beans and 2 tablespoons finely chopped onion to cream soup. Season with black pepper.

**Cheese Soup**—Add 1 1/2 cups shredded cheddar cheese to cream soup.

**Broccoli Cheese Soup**—Add 1 1/2 cups cooked broccoli to the cheese soup.

**Wild Rice Cheese Soup**—Add 1 1/2 cups cooked wild rice to the cheese soup.



**Try this!** Add vegetables to the soup for more flavor and nutrition. Try peas, corn, green pepper or mixed vegetables.

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University of Minnesota Extension

## Easy Turkey Bake

- 1  $\frac{2}{3}$  cup hot water
- 1 pkg (6 oz) STOVE TOP stuffing mix for Turkey
- 4 cups chopped cooked turkey OR chopped cooked turkey & chicken
- 1 bag (14 oz) frozen broccoli florets, thawed, drained  
OR fresh chopped broccoli, cauliflower,
- 1 can drained peas
- 1 can (10  $\frac{3}{4}$  oz) condensed cream of chicken soup
- $\frac{3}{4}$  cup milk
- 1  $\frac{1}{2}$  cups shredded Cheddar Cheese OR other shredded cheese

Heat oven to 350° F.

Add hot water to stuffing mix; stir just to moisten. Set aside.

Combine turkey OR turkey and chicken and vegetables in a 13x9-inch baking dish.

Mix soup, milk, and cheese; pour over turkey mixture; top with stuffing.

Bake at 350° F for 30 minutes or until heated through.

Makes: 6 servings, 1  $\frac{1}{3}$  cup each

*Recipe from Stove Top Turkey Stuffing and Jerri Hefling, MFV*

## Chili Beef Corn Bread Casserole

- |                                 |   |
|---------------------------------|---|
| 1 pound ground beef             | 2 teaspoon baking powder                  |
| 1 Tablespoon dried minced onion | 2 eggs                                    |
| 1 teaspoon chili powder         | 1/2 cup 2% milk                           |
| 1/2 teaspoon garlic powder      | 3 Tablespoons canola oil                  |
| 1 can (15 oz) tomato sauce      | 1 can(8 $\frac{1}{2}$ oz)cream-style corn |
| 3/4 cup all-purpose flour       | 1 cup shredded cheddar cheese             |
| 3/4 cup yellow corn meal        |   |

1. Preheat oven to 375° F. In a large skillet, cook beef over medium heat 6-8 min. or until no longer pink. Drain. Stir in cornstarch, onion, chili powder and garlic powder. Stir in tomato sauce. Cook and stir 2 min. or until thickened. Remove from heat.
2. In a large bowl, whisk flour, cornmeal, sugar and baking powder. In another bowl, whisk eggs, milk and oil until blended; stir in corn. Add to flour mixture; stir just until moistened. Stir in cheese.
3. Spread half of the batter into a greased 2-qt. Baking dish. Top with beef mixture. Spread remaining batter over filling.
4. Bake, uncovered, 25-30 minutes or until a toothpick inserted in corn bread portion comes out clean. Let stand 5 minutes before serving.

*Recipe submitted by Barbara Wilson, MFV*

## Tuna Casserole

12 oz. boiled noodles	½ pound Velveeta Cheese (cut into chunks)
1 can 12 oz. tuna drained	(1 teaspoon Seasoned Salt- Optional)
½ can Miracle Whip salad dressing	Black pepper to taste
1 can cream of mushroom soup	1 cup shredded mild cheddar cheese
1 cup milk	

Heat soup and milk in pan. Add cheese, cook until melted. Add tuna and miracle whip, stir. Add cooked noodles and stir.

Spray 9x13 inch casserole dish. Add tuna mixture to casserole dish. Top with grated cheese or crushed potato chips. Bake at 375° F for 20 minutes or until gentle brown.

## Casserole of Red Cabbage Serves 8

2 Tablespoons butter	¼ cup water
1 medium red cabbage, shredded	2 Tablespoons brown sugar
1 onion, finely chopped	1 teaspoon salt
3 medium cooking apples, peeled, cored, & sliced	Pepper
1/2 cup red wine vinegar	

Butter a large casserole. Add cabbage and all remaining ingredients. Dot with butter.

Cover casserole and cook 300° F. for 2 1/2 hrs. Serve with pork.

*Recipe submitted by Joyce Connor, MFV*

## Mexican Chicken Casserole (makes 4 servings)

¾ pound boneless skinless chicken breast, cut into bite-size pieces	2 ounces Neufchatel Cheese, cubed
1 teaspoon cumin	1 can (15 oz) black beans, rinsed
1 green pepper, chopped	1 tomato chopped
1 ½ cups chunky salsa	2 whole wheat tortillas (6 inch)
	½ cup Mexican style shredded cheese, divide

Heat oven to 375 ° F.

1. Cook and stir chicken and cumin in nonstick skillet sprayed with cooking spray for 2 minutes.
2. Add green pepper and cook 2 minutes, stirring occasionally.
3. Stir in salsa and cook 2 more minutes.
4. Add Neufchatel cheese and cook until cheese is melted.
5. Stir in beans and tomatoes.
6. Spread 1/3 of chicken mixture onto bottom of 8 inch square baking dish, cover with 1 tortilla and half of remaining chicken mixture and shredded cheese. Top with remaining tortilla and chicken mixture; cover.
7. Bake 20 minutes or until heated through. Sprinkle with remaining shredded cheese and bake uncovered, 5 minutes or until cheese is melted.

Nutrition Information per serving: calories 350, fat 9 grams, cholesterol 65 mg., Sodium 940 mg. Carbohydrate 34 gram, protein 32 gram, dietary fiber 9 gram.

*Recipe submitted by Joyce Connor, MFV*

## **Breakfast Casserole**

6 slices of Texas toast, cubed  
1 pound medium, sausage  
6 ounces sharp cheese  
¼ teaspoon dry mustard

6 eggs  
1 teaspoon salt  
2 cups milk

Place bread cubes in 9x13 inch pan. Brown sausage and drain well. Crumble on top of bread. Spread grated cheese over sausage. Break eggs, add spices and milk. Pout over sausage and cheese. Refrigerate overnight.

Bake 325° F for 1 hour. This is a great breakfast dish for house guests.

*Recipe submitted by Joyce Connor, MFV*

## **Ham – Apple Casserole**

2 large sweet potatoes  
1 cup sliced pared apples  
1 Tablespoon butter  
1 cup diced cooked ham  
¼ teaspoon ground cinnamon

¼ teaspoon ground cinnamon  
3 slices Cheddar cheese or processed cheese  
¼ cup brown sugar (packed)

Heat oven to 350 ° F. Cook sweet potatoes until tender. Drain: mash with butter. Mix cinnamon and brown sugar; toss with apple slices. dLayer half each of the sweet potaotes and apple slices in buter 1 qt casserole. Top with layers of ham,remaining apples slices and sweet potatoes. Bake 50 minutes, cut cheese slices diagonally in half to form triangles; overlap to form pinwheel around top of casserole. Return to oven until cheese melts, about 4 minutes, Serves 4

## **Easy Italian Pasta Casserole (6 servings)**

1 pound lean ground beef  
3 cups whole wheat penne pasta, cooked  
1 jar (24 oz.) spaghetti sauce  
1/3 cup grated parmesan cheese, divided  
1 ½ cups 2 % milk shredded Mozzarella cheese  
1 teaspoon Italian seasoning  
3 minced garlic cloves

1. Brown beef with garlic and Italian seasoning. Drain
2. Add pasta, sauce and half of Parmesan cheese. Mix well.
3. Spoon into 13 x 9 inch baking dish; top with remaining cheeses.
4. Bake at 375 degrees for 20 minutes.

Nutrition information per 1 1/3 cup serving: calories 440, Total fat 13 grams, Sodium 820 mg., carbohydrate 50 grams, dietary fiber 6 grams, protein 34 grams.

*Recipe submitted by Royce Collins, MFV*

## Ham and Cheese Grits Casserole (6 servings)

2 cups chicken stock  
1 cup quick-cooking grits  
½ cup Southwestern-style egg substitute  
5 ounces reduced-fat process cheese such as Velveeta, cubed  
¼ cup 2 % milk  
2 tablespoons butter  
1 ¼ cups cubed fully cooked ham  
3 green onions, chopped  
¼ teaspoon salt  
¼ teaspoon garlic powder  
¼ teaspoon pepper  
1/8 to ¼ teaspoon crushed red pepper flakes  
¾ cup shredded cheddar cheese

1. Preheat oven to 350 degrees.
2. In a large saucepan bring chicken stock to a boil. Slowly stir in grits. Reduce heat to medium-low: cook covered, about 5 minutes, stirring occasionally. Remove from heat. In a small bowl, stir a small amount of hot grits into egg substitute; return all to pan mixing well.
3. Add process cheese, milk, and butter; stir until cheese is melted. Stir in ham, green onions, salt, garlic powder, pepper, and red pepper flakes.
4. Transfer mixture to a greased 11x7 inch baking dish. Sprinkle with cheddar cheese.
5. Bake, uncovered, 35-40 minutes until edges are golden brown and cheese is melted. Let stand for 10 minutes before serving.

Nutrition Information per serving:

Calories 284, fat 12 grams, cholesterol 51 mg, sodium 1,212 mg., carbohydrate 26 gram, protein 20 gram.

Reduce sodium by using reduced sodium chicken stock and omitting salt.

Recipe from Taste of Home Magazine Feb/March 201

## King Ranch Chicken

¼ cup margarine	2 cups cubed cooked chicken
1 medium green bell pepper, seeded and chopped	
1 medium onion, chopped	12 small corn tortillas, torn into bite sized pieces
2 cans condensed cream of chicken soup	2 cups shredded Cheddar cheese
2 cans Rotel	

Melt margarine in a large saucepan. Add pepper and onion; cook over medium heat until tender. Blend in soup, Rotel, and chicken; heat through.

Place a layer of 4 tortillas in bottom of 13 x 9 inch baking dish; top with 1/3 Rotel mixture and 1/3 cheese. Repeat layers two more times.

Bake in a preheated oven at 325° for 40 minutes or until bubbling.

**Nutritional analysis** Serves 8 Calories: 308; Carbs: 22; Fat: 15; Protein: 23; Sodium 914; Sugar: 5

Notes; I also use flour tortillas. I usually just mix it all together and put in the pan to bake. Beverly Burke

## Summer Vegetable Lasagna

5 Roma Tomatoes chopped	2 teaspoons dried oregano
OR 1 ( 15 oz. can) of diced tomatoes drained	2 teaspoons dried basil
5 ounces fresh spinach, wilted, drained and chopped	1 teaspoon salt
1 medium sweet red pepper, julienned	½ teaspoon dried thyme
1 small yellow summer squash, cut into ¼ inch slices	¼ teaspoon pepper
1 small zucchini cut into ¼ inch slices	1 egg
1 medium carrot, shredded	1 cup low-fat ricotta cheese OR
1 small onion, chopped	1 cup low-fat cottage cheese
3 cloves garlic, minced	10 oz. lasagna noodles, cooked
¼ cup olive oil	¼ cup Parmesan cheese
1 (12 oz.) can tomato paste	2 Tablespoons grated Romano cheese
1 (14 oz.) can vegetable broth	2 teaspoons Italian seasoning

1. In a large skillet sauté vegetables in olive oil until crisp-tender. Stir in tomato paste, broth and seasonings. Bring to a boil. Simmer about 5 minutes to blend, stirring occasionally.
2. Combine beaten egg with ricotta cheese.
3. Spread 1 cup vegetable mixture in greased 9x13 inch baking dish. Layer with 1/3 of noodles, half of egg cheese mixture, layer of vegetable mixture, layer of noodles. Top with remaining egg mixture, noodles and remaining vegetable mixture.
4. Sprinkle top with cheeses and Italian seasoning. Bake uncovered at 350 degrees for 30-35 minutes. Let stand 5 minutes before cutting.

NOTE: Some of mozzarella cheese can be layered over each ricotta cheese/egg layer.

Nutrition information per serving: Serves 15: 250 calories, 11gram total fat, 35 mg cholesterol, 570 mg sodium, 26 gram Carbohydrates, 12 grams Protein.

This recipe was contributed by Rosie Atwood, MFV and Diane Burnett, FCS Agent to the 2005 FIX IT FRESH COOKBOOK & VEGETABLE GUIDE prepared by Master Food Volunteers and Master GARDENERS.

## Mexican Casserole

¾ lb. cubed, skinless, boneless chicken breast meat	¼ cup salsa
½ package (1.25 oz) taco seasoning mix	1 cup shredded Mexican style cheese
1 15 oz can black beans, rinsed and drained	1 ½ cup crushed plain tortilla chips
1 can sweet corn, drained	

In large skillet over medium high heat, cook chicken until cooked through and no pink remains. Add taco seasoning, beans, corn, salsa and a little water to prevent drying out. Cover skillet and simmer over medium low heat for 10 minutes.

Transfer mixture to a 9 x 13 inch baking dish. Top with ½ c of cheese and crushed tortilla chips.

Bake in preheated oven at 350° for 15 minutes. Add remaining cheese and bake until melted.

Nutritional Analysis: Serves 4 to 6 Calories: 444; Carbs: 48; Fat: 17; Protein: 28; Sodium 1412; Sugar: 4

Notes: Most of the carbs are from the crushed chips-use less. Try to use lo-fat cheese. I usually add more salsa.

*Recipe submitted by Beverly Burke, MFV*

## **Spinach Salad with Fennel and Apples**

6 ounces baby spinach  
1 bulb fennel, halved, cored, and thinly sliced  
2 Golden Delicious Apples,  
cored and cut into matchstick size pieces  
¼ cup chopped fennel fronds  
3 tablespoons plus 1 teaspoon lemon juice

¾ teaspoon mayonnaise  
1 ½ teaspoons grated lemon zest  
1 Tablespoon whole-grain mustard  
¼ teaspoon salt  
4 ½ Tablespoons extra-virgin olive oil

1. Place spinach, fennel, apples, and fennel fronds in large bowl.
2. In small bowl, combine lemon juice, mayonnaise, mustard, salt, and lemon zest. Whisk until mixture appears milky and no lumps remain. Drizzle oil into mixture slowly whisking until dressing is glossy and lightly thickened.
3. Pour dressing over spinach mixture and toss to coat and serve immediately.

*Recipe submitted by Royce Collins, MFV*

## **Fruit Dessert**

Frozen mixed fruit (can add some fresh seasonal fruit, if desired).  
Layered vanilla flavored yogurt between the mixed fruit.  
Sprinkle with granola.

# How to Make a Quilted Cover for a Lasagna Dish

By Rosenya Faith, eHow Contributor

How many times have you made your favorite lasagna for a potluck dinner or other social gathering only to have it arrive cold. Or perhaps you have struggled to keep it warm with an unwieldy creation of newspapers and towels. A quilted casserole cover will keep your lasagna safe and warm until everyone is ready to dig in. Make the casserole cover from a pair of quilted place mats for an easy recycling project. Or pick out your favorite quilted fabric, and assemble the cover from scratch.

## Instructions

### Things You'll Need

- 1-inch-wide canvas strapping
- 2 quilted place mats (13 inches by 20 inches each)
- Sewing pins
- Sewing needle
- Thread
- Hook and loop fastener

1. Cut two pieces of canvas strapping, each 24 inches long.
2. Place one place mat on your working surface with the wrong side facing up. Find the center of one long side of the place mat. Measure 2 inches to the left and make a mark. Measure 2 inches to the right of the center and make another mark. Do the same on the other long side of the place mat to make a total of 4 marks on the place mat.
3. Pin one end of each strap to the marks on one long side of the place mat. Pin the other end of each strap to the marks on the other long side of the place mat. Sew the strapping ends to the wrong side of the place mat.
4. Turn the place mat over. Put the other quilted place mat on top with the right sides together. Fold the straps into the center in between the place mats.
5. Pin the two layers of each long side together and the two layers of one short side together. Sew along these sides to join the fabrics. Sew approximately 1/2-inch away from the edge for the seam allowance. Reach into the remaining open side and turn the fabric right side out.
6. Cut a 10-inch by 1-inch strip of hook and loop fastener. Sew it to the inside edge of the open side of the quilted cover. Cut a complementary piece of the fastener, and sew it to the opposite inside edge of the cover. Insert the lasagna dish into the open side of the cover and close the hook and loop fastener.

**Tips & Warnings** You can make the cover for the lasagna dish from your choice of quilted fabric instead of the place mats. Make the cover in the same way as the place mats. Fold over 1/2-inch of fabric along the remaining open end, and sew a smooth edge.

# How to Make a Casserole Carrier

By Sharon Sweeny, eHow Contributor

Sew yourself a quilted casserole carrier to take along hot dishes for potluck suppers or other food-centered events. The quilting helps keep the casserole warm and removes the need to bring pot holders or wrap the casserole in a towel. Use prequilted fabric or quilt your own fabric, perhaps using up some scraps in your fabric stash.

## Instructions

### Things You'll Need

- 1 yard of prequilted fabric
- 2 ¾-inch dowels, 12 inches long
- 1 ½-inch-wide Velcro, the kind that you sew on, about a 2- to 3-inch length

1. Cut fabric into three pieces: the first piece should be 36 inches by 16 inches. The other two pieces should both be 24 inches by 8 inches.
2. Finish the edges of the larger piece. Use a serger or a zigzag stitch around the edges. (A double-folded hem is too bulky for this project.) You can also use an overcast stitch to finish the edges by hand. Another option is to sew binding to the edges, although the edges don't show when the carrier is used, and therefore edge binding is not needed for this project.
3. Turn under the long edges of the large piece ¼ inch to make a hem. Stitch the hem by hand or machine.
4. Make a pattern for handle cutouts. Draw a 6-inch circle on a piece of paper. Cut off about 1/3 of the top of the circle and discard. You will be left with 2/3 of a 6-inch circle. This is your pattern for the handle cutouts.
5. Turn under the short sides of the larger piece. Mark a point 2 inches from the end and fold on that line toward the center. Pin in place.
6. Center the pattern for the handle cutout that you made in Step 4 on the folded area from Step 5. Place the flat edge of the circle pattern on the fold and pin it in place.
7. Cut around the pattern. Remove the pattern and repeat on the other short side of the main piece. Remove pins.
8. Finish the edges of the cutouts with a serger, zigzag stitch, or hand overcast stitch.
9. Refold the edges of the large piece by 2 inches, identical to Step 5. Stitch along the bottom edge of the turned underpart of both sides to make pockets for the handles.
10. Finish all four sides of both small side pieces, using the same method as on the larger piece.
11. Fold the large piece in half so the handle cutouts match up. Mark the center of both sides of the fabric with chalk or fading fabric marker. Fold the smaller pieces in half lengthwise and mark the center of both sides with chalk or fading fabric marker.
12. Pin the small side pieces to the large main piece, matching the center chalk marks and with right sides together. Stitch the small pieces to the main large piece.
13. Sew a piece of Velcro to the right side of one of the side flaps and the wrong side of the other. Center the Velcro pieces at the top edge of the small side flaps. Pin in place and check that the Velcro pieces line up before sewing them on.
14. Insert dowels into the pockets of the larger piece. Slide them into the pocket from the long side of the large main piece. The cutouts expose the dowels, so you can easily grab them with your hands.
15. To use it, first lay the carrier flat on the counter. Center the casserole dish on the carrier. Bring the small flaps up over the top of the casserole dish and secure the Velcro closure. Bring the larger flaps together over the casserole and hold both handles together to carry it.

### Tips & Warnings

- Fading fabric markers are available at fabric and sewing supply stores. Their marks fade when the fabric is laundered.