

Create a Casserole

Adapted from "Eating Right is Basic, Michigan State University Extension

Create a tasty casserole from simple ingredients. Just choose an item from each of the boxes and follow the directions. Each casserole serves 4 adults.

Rice, Noodles or Macaroni	Sauce	Vegetables for seasoning	Crunch						
<p>Step 1: Choose rice, noodles or macaroni.</p> <p>Rice 2 cups water 1 cup rice</p> <p>Combine rice and cold water. Bring to boil. Then turn heat to low and cover pan with a lid. Simmer until water is absorbed, about 20 minutes.</p> <p>Noodles or Macaroni 6 cups water 2 cups noodles or macaroni (Try whole wheat noodles)</p> <p>Heat water until boiling. Stir in noodles or macaroni. Cook until tender, about 10 minutes. Drain.</p>	<p>Step 3: Mix ¼ cup milk with one can (10 oz. size) soup (use low sodium soups) Or, use 1-1/2 cups white sauce.</p> <p>White Sauce 1-1/2 Tbsp. margarine 3 Tbsp. flour 1-1/2 cups milk (low-fat or non-fat) ¾ tsp. salt (optional) Dash of pepper</p> <p>Melt margarine in a saucepan. Mix in flour to make a smooth paste. Slowly add milk. Cook over low heat, stirring constantly until thick. Add salt and pepper. Cook 3 minutes longer.</p>	<p>Step 4: Choose one or more of these vegetables for seasoning.</p> <p>½ cup chopped onion, celery or green pepper</p> <p>Cook these vegetables in a small amount of water or margarine, until tender.</p> <p>You might also want to add some of your favorite herbs and spices to your casserole.</p>	<p>- Cracker or toast crumbs - Dry cereal crumbs</p> <p>You will need about 2 Tbsp.</p>						
Meat or Fish	Directions to bake in oven	Vegetables							
<p>Step 2: Choose one of these meats.</p> <p>1 can tuna (9 or 12 oz. size), drained, (in water)</p> <p>1-1/2 cups cooked or canned meat (White meat)</p> <p>1 lb. ground meat, cooked, drained (lean ground meats or extra lean)</p>	<p>Grease a baking dish. Put rice, noodles or macaroni in the dish. Top with meat, seasonings, vegetables and sauce. Sprinkle crumbs on top of the casserole. Bake at 350 degrees until bubbly (about 20 minutes).</p>	<p>Step 5: Choose one of these vegetables.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Broccoli</td> <td style="width: 50%;">Green beans</td> </tr> <tr> <td>Carrots</td> <td>Lima beans</td> </tr> <tr> <td>Corn</td> <td>Mixed vegetables</td> </tr> </table> <p>You will need: 2 cups fresh vegetable, cooked 1 can (16 oz. size) drained (low sodium) Or 1 box (10-1/2 oz. size) or 2 cups frozen, cooked.</p>		Broccoli	Green beans	Carrots	Lima beans	Corn	Mixed vegetables
Broccoli	Green beans								
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Corn	Mixed vegetables								

Directions to cook on top of the stove

Put all the ingredients (except crumbs) into a saucepan or skillet. Heat and stir for about 10 minutes. Add more milk if it gets dry. Pour into a serving dish and top with crumbs.