

CREATE A CASSEROLE

Create a tasty meal from foods you have in your pantry. It's easy! It's also a great way to use random ingredients from your pantry.

Step 1: Preheat oven to 350 °F.

Step 2: Lightly spray a casserole dish with non-stick cooking spray.

Step 3: Choose one item from each box below except topping and combine in casserole dish to create your own unique dish. These are just suggestions. Feel free to experiment with whatever you have available.

Step 4: Bake for 30 to 35 minutes or until heated through and bubbly. Add topping and return to oven for 10 minutes

Step 5: Enjoy!

Step 6: Refrigerate leftovers within two hours and reheat any leftovers to 165°F.

Starch	Protein	Vegetable	Sauce	Flavor	Topping
Brown Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes. • Whole grain pasta or noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain. Look on the package for specific instructions. • Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain. • Whole grain tortilla: Flour or corn.	1 (15 oz.) can or 2 cups cooked dried beans or lentils (pinto, black, white, kidney, etc.) • 1½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork • 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish • ½ pound cooked ground beef	• 2 cups fresh vegetables, cooked • 2 cups frozen vegetables, cooked • 1-2 (15 oz.) canned vegetables	• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.) • 1 (15 oz.) can diced tomatoes with juice	½ cup chopped onion, celery, green pepper, or salsa • 1 - 2 cloves garlic, crushed • 1 - 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)	¼ cup bread-crumbs, 2 tablespoons grated parmesan cheese, ¼ cup grated cheddar or mozzarella cheese