What I Have On Hand
Casserole Recipe

Servings: 6

Grain (choose one and cook)
2 cups whole-wheat pasta (macaroni, penne, spiral, bow tie)
1 cup long-grain white or brown rice
1 cup bulgur or whole-grain barley
4 cups whole-wheat noodles

Protein (choose one)
2 cups lean ground beef, cooked
2 cups chicken, turkey, ham, beef or pork, cooked and diced
2 cups hard-cooked egg, chopped
2 portions fish or seafood (6 to 8 ounces), flaked
2 cups canned beans (kidney, pinto, etc.) or cooked dry beans

Vegetable (choose one or more)
1 package (10-ounce) frozen spinach, broccoli, green beans or peas, thawed and drained
1 can (16-ounce) green beans, peas, carrots or corn, drained
2 cups fresh vegetables, washed and sliced

Sauce (choose one)
2 cups white sauce
1 can soup (mushroom, celery, cheese, tomato*) mixed with low-fat milk to make 2 cups
1 can (16-ounce) diced tomatoes

*choose 98 percent fat-free or low-sodium soup

Flavor (choose one or more)
1 to 2 teaspoons mixed dried herbs (basil, thyme, marjoram, tarragon)
½ cup celery, chopped
¼ cup onion, chopped
Salt and pepper to taste

Directions
Choose food(s) from each food category or use your own favorites. Combine in a buttered 2-quart casserole dish or use nonstick cooking spray instead of the butter. Cover and bake at 350° F for 50 to 60 minutes or microwave using 50 percent power for 15 to 30 minutes, rotating or stirring as necessary. Remember, every microwave is different. Heat until a food thermometer inserted into the center of the casserole reads 165° F. Refrigerate any leftovers within two hours of heating the food. See University of Missouri Extension handout N360: Food Thermometers for more information on using food thermometers.

After cooking, add topping(s) listed below and return casserole, uncovered, to oven for about 10 minutes or microwave for about 2 minutes.

Topping (optional, choose one or more)
2 tablespoons Parmesan cheese, grated
¼ cup Swiss, low-fat Cheddar or low-fat Monterey Jack cheese, shredded
¼ cup whole-wheat bread crumbs
¼ cup nuts, chopped

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