

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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