

CASSEROLES

Old Fashioned Macaroni and Cheese

4 cups cooked macaroni
2 tbsp. butter
 $\frac{1}{4}$ cup cheese
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 eggs beater
3 cups milk

Heat oven to 350° .

Combine macaroni, butter, cheese and salt seasoning.

Place in greased baking dish.

Combine eggs and milk. Pour over macaroni. Sprinkle with paprika. Bake 40-50 minutes.

6 servings.

Macaroni Supper Casserole

4 cups cooked macaroni (8-9 cups)
 $\frac{1}{2}$ cup margarine
 $\frac{1}{4}$ cup diced green pepper
 $\frac{1}{4}$ cup chopped pimientos
1 small onion chopped
 $\frac{1}{2}$ tsp. salt
10 $\frac{1}{2}$ oz. can cream of mushroom soup blended with $\frac{1}{2}$ cup of milk.

1 cup grated cheese

Heat oven to 400° . Combine all the ingredients, using only half the cheese. Pour into greased $1\frac{1}{2}$ qt. casserole. Bake 20 minutes.

Serve 6. (Use $\frac{1}{2}$ cup of cheese to put on the top).

Scarpese Casserole

$1\frac{1}{4}$ cups macaroni
 $\frac{1}{2}$ lb. hamburger meat
3 tbsp. chopped onion
1 tsp. salt
Few grains of pepper
 $\frac{1}{2}$ can kernel corn
1 tin tomato soup
 $\frac{1}{2}$ cup grated cheese

Boil macaroni in boiling water that is salted, for 15-20 minutes. Drain. Combine hamburger meat, onion, salt, pepper and saute until brown. Arrange in alternate layers of macaroni, meat, corn in a greased six cup casserole. Pour soup over top and sprinkle with grated cheese. Bake at 350° for 30 minutes.

Serve 5-6

SSERULES

Shrimp and Mushroom

- 2 tbsp butter
 - 2 cups of chopped Celery
 - 1 can (6oz) sliced mushrooms (drained)
 - 1/2 cup soy sauce
 - 1/2 tsp ginger
 - 1/8 tsp pepper
 - 1/4 cup ranch
 - 1/4 cup water
 - 1/2 cup beef broth
 - 2 cans 4 1/2, each shrimp, rinsed and drained.
 - 2 cups hot cooked rice
- In a large skillet, melt butter, add and stir in mushrooms, soy sauce, ginger and pepper until celery is soft. (About 5 minutes) Mix cornstarch and 1/4 cup water. Stir constantly. Mix with hot sauce and mushrooms. Cook until thickens. Add shrimp. Simmer 2 cups rice. Serve.

Ham Ball

- 1 cup sliced cooked ham.
 - 2 Tbsp chopped onion
 - 2 Tbsp butter
 - 1/8 tsp tarragon
 - 1 can cream of chicken soup
 - 1 1/2 cups cooked noodles
 - 1/2 cup water
 - 1/2 cup cooked ranch style green beans
 - 2 Tbsp fine bread crumbs
 - 1/2 minced glass clove garlic
- Cook ham, onion and tarragon in 1 Tbsp butter. Add onion, brown and tender. Add 1/2 cup green beans, 1/2 cup brown sauce, 1/2 cup garlic and remaining 1/2 cup of butter and cook until top is browned. Bake at 350 for 30 min.

Parsley'n Cheese Macaroni

1 cup macaroni
1/2 cups hot water
1/4 tsp. salt
1/2 tsp butter
2 tsp. parsley flakes
2 tsp. chopped onion
1 cup grated cheddar cheese
1/4 tsp. Worcestershire sauce
1/2 cup milk

Combine macaroni, water, salt and butter in 1 1/2 qt. casserole. Cook uncovered 6 minutes in microwave.

Stir well. Cook for 6 minutes more. Add remaining ingredients. Stir well. Cover casserole. Cook 2 minutes. Stir well. Cook 1 minute more. Let stand 5 minutes before serving.

2-4 servings

PARSLEY RICE

1 cup chopped parsley
1 cup chopped onions
1 1/2 cups grated cheese
3/4 cup soft butter
1 cup milk
2 cups cooked rice
2 eggs, beaten
Salt and pepper

Mix all ingredients together, reserving 1/2 cup grated cheese. Place in well-greased casserole and top with reserved cheese. Bake in moderate oven, 350 deg. F., for 20 or 30 minutes, or until set.

Mrs. J. E. Winder, 4333 Parker Street, Vancouver, B. C.

Spaghetti and Meat Sauce

8 oz. spaghetti.

1 lb. ground beef

1 cup chopped onion

1/2 cup sliced green pepper, ^{Oregon} _{1/4 tsp. salt}

1/4 tsp pepper

1 garlic clove minced

1 bay leaf

1 - 28 oz. can tomatoes

1 cup beef broth (stock)

1 tsp. salt

1/2 lb. cheddar cheese, cubed

1 can mushrooms, sliced and drained.

In a 2 quart casserole, combine beef, onion, green pepper, oregano, bay leaf and garlic. Cook covered for 10 minutes, stirring 3 times. Add tomato, beef broth (stock) salt, pepper, cheese and mushrooms. Cook uncovered 10 minutes. Pour over spaghetti.

4 servings

Lasagna

1 med. onion chopped
1 clove garlic, minced
3 tbsp olive oil or cooking oil
1 tomato or tomato juice
8 oz can tomato sauce
1/2 cup minced parsley
1/2 cup sugar
2 tsp. salt
1 tsp. ground basil
2 5/8 pkg noodles 2" wide
1/2 lb. cheese, sliced
1 cup sour cream
1/3 cup parmesan cheese
Heat oven to 350°. Brown
onions and garlic in hot oil.
Add tomato, parsley, sugar, and
seasonings. Simmer 1 hr. Cook
noodles in 3 quarts of boiling
water and 1/2 cup oil. Alternate
noodles, sauce, sour cream,
sliced cheese and grated cheese
in 9" square pan ending with
sauce and grated cheese. Bake
30 minutes.
Serves 8.



ITALIAN SPAGHETTI

2 T. vegetable oil
1/2 lb. lean ground beef
1 small clove garlic, minced
1 medium onion, minced
1 6-oz. can tomato paste
1 3/4 c. tomatoes and juice
1/2 t. Worcestershire sauce
1/2 t. sugar
1/4 t. celery salt
1/2 t. salt
1/8 t. pepper
1/8 t. basil
1/2 t. oregano
1/8 t. thyme
1/3 lb. spaghetti
2 T. parmesan cheese

Place vegetable oil in 8-inch skillet; add ground beef, garlic and onion. Cook slowly until lightly browned, about 20 minutes, stirring occasionally. Add tomato paste, tomatoes and seasonings. Simmer until thickened, about 1 hour. Serve on hot, well-drained spaghetti. Sprinkle with parmesan cheese.

TO COOK SPAGHETTI: Add spaghetti and 1 1/2 teaspoons salt, 1 tablespoon vegetable oil to 2 quarts boiling water. Cook 12 to 15 minutes. Drain in colander. Rinse drained spaghetti under hot running water to prevent stickiness.



Meat Supper Pie

- 2 cups leftover mashed potatoes
- 1 egg, beaten
- 1/2 tsp. salt
- milk
- 1 cup cooked cubed meat
- 1 cup gravy
- 1/2 cup sliced cooked carrots
or other cook. vegetable
- 1/2 cup cooked peas
- 1/2 cup sliced onion
- salt and pepper to taste
- 1/4 tsp. sage

Heat oven to 375 degrees.

Blend potato, egg, salt, moistening with enough milk to spread easily. Spread half on bottom and sides of 9" pie plate. Mix together rest of ingredients. Spread over mashed potatoes in the pie plate; top with the rest of potatoes. Bake 30 min.
Serves 4.

Kitchen Rice Casserole (134)

- 2 cups cut-up cooked chicken.
- 1 1/2 to 2 cups cooked rice (wild)
- 1/4 cup chopped green pepper
- 10 1/2 oz. can cream of mushroom soup
- 1/2 soup can of milk
- salt and pepper

Heat oven to 350°. Mix ingredients together; Place in a 2 qt. baking dish.

Bake 30 minutes.

6 servings

Sea Rice & Meat

- 3 cups cooked rice
- 1/2 cup chopped onions
- 4 tbsp. marg.
- 2 cups 2 1/2 cups tomatoes
- 3/4 cup 1 can 1/2 cup cooked meat
- 1/4 cup meat broth.
- salt & pepper to taste
- 1/4 tsp dry mustard

Heat oven to 350°. Mix ingredients. Place in 1 1/2 qt. baking dish. Bake 30 minutes.

6 servings

Salmon Rarebit Pie

- 1 lb. (500 g) can salmon drained and flaked.
- 1 cup peas cooked drained.
- 2 tbsp finely chopped green pepper
- 1 cup grated cheese
- 1/2 cup milk
- 2 tbsp mayonnaise
- 1/3 cup milk
- 1 cup Bisquick

Heat oven to 450°. Mix salmon, peas, green pepper, Place in greased 10x6x1 1/2" baking dish. Blend cheese and milk. Pour over salmon mixture. Add mayonnaise and milk to Bisquick; mix with a fork. Drop by spoonfills on salmon mixture. Bake 10-15 minutes until browned.

6 servings

Garden Supper Casserole. (20)

2 cups cubed rye bread 12 x 12

$\frac{1}{2}$ cup grated sharp cheddar

2 tbsp. butter melted

1 cup peas or other cooked vegetable

$1\frac{1}{2}$ cup Medium Cream Sauce.

2 tbsp. chopped onion

1 cup chopped cooked meat,

flaked tuna or 3 hard boiled eggs

1 large Tomato, sliced

Heat oven to 350°. Mix bread crumbs, cheddar and butter. Spread half this mixture in a greased 1 qt. baking dish. Add peas - Make cream sauce, brown onion in butter. Add meat.

Arrange tomato over top and cover with remaining cream mixture. Bake 25 minutes.

4-6 servings.

$\frac{1}{2}$

$1\frac{1}{2}$

BROCCOLI CASSEROLE WITH NOODLES

- 4 oz. noodles
- 1½ T. butter
- ¼ t. salt
- Dash pepper
- 1 bunch broccoli, cleaned and cooked
- ½ c. sliced mushrooms
- 1 c. cooked chicken, sliced
- 1 c. sour cream

Cook noodles as package directs. In melted butter mix salt and pepper with noodles. In a separate dish mix cooked broccoli with mushrooms. Combine chicken with sour cream. In a small casserole dish, arrange half of noodles; add meat mixture, and broccoli. Top with rest of noodles. Bake in a 350° oven for 30 minutes.

TASTY SALMON CASSEROLE

- 1 10-oz. can condensed cream of celery soup
- ½ c. salad dressing
- ¼ c. milk
- ¼ c. grated parmesan cheese
- 1 10-oz. pkg. frozen peas, cooked
- 1 1-lb. can salmon, drained, flaked
- 4 ozs. cooked noodles
- 1 T. onion, chopped

Combine soup, salad dressing, milk and cheese; blend well. Stir in peas, salmon, noodles and onion; mix lightly. Pour into two 1½-pint casseroles; bake in 350° oven about 20 minutes. Serve one casserole immediately. Allow other casserole to cool; cover with foil and freeze for later use. Serve 2, freeze 2.

BEEF AND RICE CASSEROLE

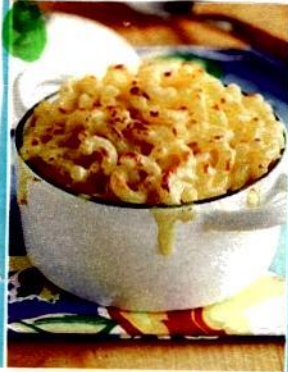
- ½ lb. ground beef
- ½ c. quick-cooking rice
- ½ pkg. frozen peas
- 1 can tomato soup, diluted
- ½ t. salt
- Dash pepper
- 2 T. chopped onion

Brown ground beef with onion. Combine uncooked rice, peas, soup diluted with one can water and spices. Bake in a preheated 325° oven for 1 hour.

TUNA CASSEROLE

- 1 c. macaroni
- 1 t. salt
- ½ c. sharp cheddar cheese, shredded
- ¼ c. butter
- ¾ c. milk
- ½ c. onion, chopped
- ¼ c. celery, chopped
- 2 T. butter
- 1 can cream of mushroom soup
- 1 6½-oz. can tuna

Add macaroni and salt to 1 quart rapidly boiling water. Boil 7 to 10 minutes, stirring occasionally. Drain and return to pan. Add butter, milk and cheese; mix well. Sauté onion and celery in melted butter until tender. Add to macaroni with remaining ingredients; mix well. Pour into small casserole dish. Bake in preheated 350° oven 30 minutes.



Baked Macaroni and Cheese

This is a must-have comfort-food classic, and this version is extra-easy: Just layer the ingredients in a dish, and it's ready to pop in the oven!

- 2 1/2 cups macaroni, 10 oz.
- 2 1/2 Tbs. flour
- 1 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup margarine or butter, cut into small slices
- 3 cups shredded Cheddar cheese, 12 oz.
- 1 cup milk

● Preheat oven to 350°F. Cook macaroni according to package directions until tender; drain. In large bowl, combine flour, salt and pepper and set aside. Coat 3-qt. ovenproof bowl or casserole dish with cooking spray.

● Place half of macaroni in bowl or dish. Sprinkle half of flour mixture over top, then top with half of margarine slices. Sprinkle 1 1/2 cups cheese over top. Repeat with remaining macaroni, flour, margarine and cheese.

● Pour milk over all. Cover with foil. Bake 35 minutes. Remove foil. Bake until bubbly, about 10 minutes.

Servings: 8
 Calories: 381
 Protein: 16 g.
 Fat: 21 g. (11 g. saturated)
 Trans fat: 1 g.
 Chol.: 48 mg.
 Carbs.: 30 g.
 Sodium: 709 mg.
 Fiber: 1 g.
 Sugar: 3 g.
 Kitchen time: 25 minutes.
 Total time: 1 hour, 15 minutes.

Green Bean and Shoepeg Corn Casserole

A sprinkling of crushed Ritz crackers gives crunch to this creamy veggie casserole! Can't find shoepeg corn? Substitute whole kernel yellow corn instead!

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped bell pepper
- 1/2 cup grated sharp Cheddar cheese
- 1 can (11 oz.) shoepeg corn, drained
- 1 can (11 oz.) French-style green beans, drained
- 1 can (11 oz.) condensed cream of celery soup, undiluted
- 8 oz. sour cream
- 1/2 cup crushed Ritz crackers
- 1/4 cup margarine or butter

● Preheat oven to 350°F. In large bowl, mix together all ingredients except crackers and margarine. Place in 2-qt. casserole dish.

● Melt margarine in skillet and mix with crushed Ritz crackers. Spread over top of vegetables. Bake 45 minutes or until bubbly.

Servings: 8
 Calories: 218
 Protein: 4 g.
 Fat: 16 g. (6 g. saturated)
 Trans fat: 1 g.
 Chol.: 24 mg.
 Carbs.: 15 g.
 Sodium: 604 mg.
 Fiber: 2 g.
 Sugar: 4 g.
 Kitchen time: 20 minutes.
 Total time: 1 hour, 5 minutes.

MACARONI AND SAUCE

SPAGHETTI WITH ITALIAN SAUCE

- 1 pound spaghetti
- 4 teaspoons olive oil or butter
- 1 clove garlic (optional)
- 1 teaspoon salt
- 1 cup water
- 1/2 teaspoon pepper
- 1 can tomato paste
- 1 can tomatoes

1/2 pound minced beef, or beef and pork
 Saute onions and garlic in saucepan. Add tomato paste and fry for a few minutes. Add 1 cup water, tomatoes, salt and pepper and let come to a boil. Cover and let simmer for 30 minutes, stirring occasionally. Pour over cooked spaghetti and serve. Grated cheese may be added. Serves 4.

Mrs. Beatrice Jenkins, 1648 Evelyn Road, Lynn Valley, B. C.

CROWD-FOR-SUPPER DISH

- 1 pound spaghetti
- 1 No. 2 can peas
- 1 can chopped olives
- 1/2 pound grated cheese
- 1 2-ounce can pimientos
- 1 pound ground round steak
- 1 can corn niblets
- 1 large can tomatoes
- 1 can tomato soup

Boil spaghetti in salted water. Saute meat in fat and add a sliced onion. When meat is lightly browned mix all the ingredients together in a large bowl. Turn into a well-greased baking dish. Bake in moderate oven, 350 deg. F., for 45 minutes.

Mrs. W. H. Balkwill, 1761 East Thirty-seventh Avenue, Vancouver, B. C.

MACARONI AND CHEESE DE LUXE

- 1 cup macaroni, uncooked
- 1/2 cup soft breadcrumbs
- 1/4 cup drippings
- 1 1/2 teaspoons salt
- 1 cup grated cheese
- 1 1/2 cups scalded milk
- 3 eggs, separated

Cook macaroni in boiling water until tender. Combine breadcrumbs, melted dripping, salt and cheese. Add milk. Pour well-beaten egg yolks over all. Add macaroni. Fold in stiffly beaten egg whites. Place in well-oiled casserole. Place in pan of hot water and bake in moderate oven, 350 deg. F., for 45 to 60 minutes.

Mrs. C. M. Noel, 4569 West First Avenue, Vancouver, B. C.

MACARONI RING WITH VEGETABLES

- 1 cup milk
- 1 cup soft bread crumbs
- 1 egg
- 1½ cups cooked macaroni
- 1 cup cheese, diced
- 1 tablespoon minced parsley
- 1 tablespoon chopped pimento
- 1 teaspoon minced onion
- 3 tablespoons melted butter, dripping or other shortening
- Salt and pepper

Scald the milk. Add to bread. Add well-beaten egg and other ingredients. Pour into greased ring mould and oven-poach in moderate oven (350 deg. F.) for 50 minutes. Turn out on hot platter, pour filling into centre and garnish with parsley. **Filling:** 1 cup medium cream sauce, 2 cups cooked vegetables (peas, carrots, etc.), salt and pepper.

SPAGHETTI WITH MEAT BALLS

- ¾ pound ground round beef
- ¾ pound ground pork
- 1 cup fine dry breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tablespoon minced parsley
- 2 small cloves garlic, cut fine
- ½ cup milk
- 2 eggs, beaten
- 1½ teaspoons salt
- ¾ teaspoon pepper

Combine ingredients and form into small meat balls. Fry meat balls and 1 cup minced onion in 4 tablespoons hot salad oil. Blend in 2 tablespoons flour. Add the following and simmer slowly for 1 hour:

- 5 cups cooked tomatoes
- 6 tablespoons minced parsley
- 6 tablespoons green pepper
- 2½ teaspoons salt
- ¼ teaspoon pepper
- 4 teaspoons sugar
- 2 bay leaves, crushed
- 1 teaspoon Worcestershire sauce

Serve hot over drained, boiled spaghetti. Sprinkle with sharp cheese.

CORN AND MACARONI SCALLOP

- 1 cup macaroni, uncooked
- 1 can corn
- 2 tablespoons milk
- Salt and pepper
- Bacon
- Grated cheese

Cook the macaroni in boiling salted water for 20 minutes. Rinse in cold water and drain well. Add the corn, milk and seasoning. Mix lightly and pour into well-greased casserole. Top with grated cheese and bacon strips, cut in half. Bake in moderate oven, 375 deg. F., for 20 to 25 minutes. Yield: 4 to 5 servings.

Mrs. E. F. Ashwin, 1462 Burnaby St. Vancouver, B. C.

TUNA-MACARONI SPECIAL

- 8 ounces macaroni, cooked and drained
- 2 tablespoons butter
- 2 tablespoons flour 2 cups milk
- 1 tablespoon chopped onion
- ½ teaspoon curry powder or prepared mustard
- ¾ teaspoon salt
- 1 cup grated cheese
- 2 cans tuna, drained and flaked

Cook macaroni in boiling, salted water until tender. Drain and rinse with boiling water. Drain thoroughly. Make cream sauce of butter, flour and milk. Add seasonings. Combine sauce with macaroni. Add cheese and tuna. Mix together. Pour into casserole. Bake in moderate oven, 350 deg. F., for 30 minutes, or until bubbly and brown on top.

SALMON AND MACARONI CASSEROLE

- 7 ounces macaroni
- 3 tablespoons butter
- 3 tablespoons flour
- 1 tall tin salmon
- ¾ teaspoon salt
- Dash of pepper
- ½ cup sliced, peeled cucumber
- ¼ cup fine bread crumbs
- 2 tablespoons melted butter
- ¼ pound grated cheese

Cook macaroni in boiling water to cover until tender. Drain. Rinse in boiling water. Drain. Melt butter, add flour and juice drained from salmon plus enough milk to make 1½ cups liquid. Cook over direct heat until sauce is thick. Add seasonings and macaroni. Remove skin from fish, crush bones. Place fish and bones in casserole in alternate layers with macaroni mixture. Top with cucumber slices. Mix crumbs with melted butter. Add cheese. Sprinkle over cucumber. Bake in 375 deg. F., oven for 20 to 25 minutes.

BIG DINNER CASSEROLE

- 1 8-oz. package noodles, cooked
- 1 pound ground beef
- 1½ cups chopped onion
- 2 cups chopped celery
- 3 tablespoons chopped green peppers
- 2 tablespoons fat
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 to 2 teaspoons soy sauce
- 1 can condensed tomato soup

Arrange cooked noodles in greased 2-quart casserole. Cook meat, onion, celery and green pepper in hot fat until onion is golden brown. Season with salt, pepper and soy sauce. Heat tomato soup and pour over casserole. Bake in moderate oven, 350 deg. F., for 30 minutes. Yield 6 to 8 servings.

Mrs. L. J. Englehart, Box 1734 Duncan, B. C.

Ham and Egg Pasta

Makes 4 to 6 servings

Based on classic Italian pasta carbonara, this simple and satisfying dish is a delicious way to use up leftover ham, and it's the perfect dinner option for busy nights when time is tight.

- 1 tsp (5 mL) vegetable oil
- 1 3/4 cups (425 mL) diced ham (about 8 oz/250 g)
- 1 onion, chopped
- 4 cloves garlic, minced
- 3 eggs
- 1/2 tsp (2 mL) salt
- 1 lb (500 g) spaghetti
- 2 cups (500 mL) packed trimmed fresh spinach
- 1/2 cup (125 mL) grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh parsley

- In nonstick skillet, heat oil over medium-high heat; fry ham, stirring occasionally, until golden, about 5 minutes.
- Add onion and garlic; cook over medium heat until softened, about 5 minutes. Set aside.
- In small bowl, lightly beat eggs with salt; set aside.
- Meanwhile, in large pot of boiling salted water, cook spaghetti until al dente, 8 to 10 minutes. Add spinach. Reserving 1/2 cup (125 mL) of cooking liquid, drain and return to pot over medium heat.
- Immediately stir in Parmesan cheese, parsley, ham mixture and reserved cooking liquid. Stir eggs; toss until sauce is opaque and pasta is coated, about 30 seconds.

NUTRITIONAL INFO

PER EACH OF 6 SERVINGS: about 443 cal, 26 g pro, 10 g total fat (4 g sat. fat), 60 g carb, 4 g fibre, 123 mg chol, 1,227 mg sodium. % RDI: 16% calcium, 2% iron, 20% vit A, 8% vit C, 68% folate.

INSPIRING IDEAS

Classic Cabbage Rolls

- 1 medium head cabbage, cored
- 1-1/2 cups chopped onion, *divided*
- 1 tablespoon butter
- 2 cans (14-1/2 ounces each) Italian stewed tomatoes
- 4 garlic cloves, minced
- 2 tablespoons brown sugar
- 1-1/2 teaspoons salt, *divided*
- 1 cup cooked rice
- 1/4 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1 pound lean ground beef
- 1/4 pound bulk Italian sausage
- 1/2 cup V-8 juice, optional

In a Dutch oven, cook cabbage in boiling water for 10 minutes or until outer leaves are tender; drain. Rinse in cold

water; drain. Remove eight large outer leaves (refrigerate remaining cabbage for another use); set aside. In a saucepan, saute 1 cup onion in butter until tender. Add tomatoes, garlic, brown sugar and 1/2 teaspoon salt. Simmer for 15 minutes, stirring occasionally. Meanwhile, in a bowl, combine rice, ketchup, Worcestershire sauce, pepper and remaining onion and salt. Add beef and sausage; mix well. Remove thick vein from cabbage leaves for easier rolling. Place about 1/2 cup meat mixture on each leaf; fold in sides. Starting at an unfolded edge, roll up leaf to completely enclose filling. Place seam side down in a skillet. Top with the sauce. Cover and cook over medium-low heat for 1 hour. Add V-8 juice if desired. Reduce heat to low; cook 20 minutes longer or until rolls are heated through and meat is no longer pink. **Yield:** 4 servings.

VEGETARIAN

Deville Egg Salad Sandwiches

Hands-on time 15 minutes

Total time: 30 minutes

Makes: 2 servings

Devilled eggs always appear to be the first things eaten at picnics. Packing all of that zesty flavour between two slices of bread is sure to bring new life to the ordinary egg salad sandwich. Blot the cucumber with paper towels to absorb moisture.

3 eggs

2 tbsp chopped fresh chives

2 tbsp reduced-fat mayonnaise

2 tsp Dijon mustard

Pinch each smoked paprika and salt

4 slices whole wheat bread

12 thin (1/8-inch/3 mm) slices English cucumber

4 leaves Boston lettuce

Into small saucepan, pour enough cold water to come at least 1 inch (2.5 cm) above eggs. Cover and bring to boil over high heat. Immediately remove from heat; let stand for 18 minutes. Drain and run cold water over eggs for 1 minute; drain and peel off shells. Let cool completely.

In bowl, finely chop or coarsely grate eggs. Stir in chives, 1 tbsp of the mayonnaise, mustard, paprika and salt.

Spread remaining mayonnaise over bread; spread egg mixture evenly over 2 slices of the bread. Top with

cucumber and lettuce. Top with remaining bread, mayonnaise side down and pressing lightly.

PER SERVING: about 348 cal, 17 g pro, 16 g total fat (4 g sat. fat), 36 g carb (5 g dietary fibre, 5 g sugar), 329 mg chol, 628 mg sodium, 362 mg potassium. % RDI: 10% calcium, 26% iron, 20% vit A, 5% vit C, 38% folate.

Spinach Lasagna

Oven-ready noodles help streamline this guilt-free classic!

2 tsp. olive oil

1/3 cup chopped onion

2 garlic cloves, minced

1 can (14.5 oz.) no-salt-added diced tomatoes, undrained

1 can (8 oz.) no-salt-added tomato sauce

1/4 tsp. dried basil, crumbled

1/4 tsp. dried oregano, crumbled

1/4 tsp. salt

1/8 tsp. pepper

1 pkg. (10 oz.) frozen chopped spinach, thawed, squeezed dry

1 cup fat-free cottage cheese

4 oz. part-skim mozzarella cheese, shredded

6 oven-ready lasagna noodles

2 Tbs. shredded or grated Parmesan cheese

● Preheat oven to 375°F. Lightly coat 8" square glass baking dish with cooking spray. In large non-stick skillet, heat oil over medium heat. Add onion; cook 5 minutes or until soft, stirring occasionally. Stir in garlic; cook 1 minute. Stir in tomatoes with liquid, tomato sauce, basil and oregano. Bring to boil. Cook 5 minutes or until slightly thickened, stirring occasionally. Stir in salt and pepper.

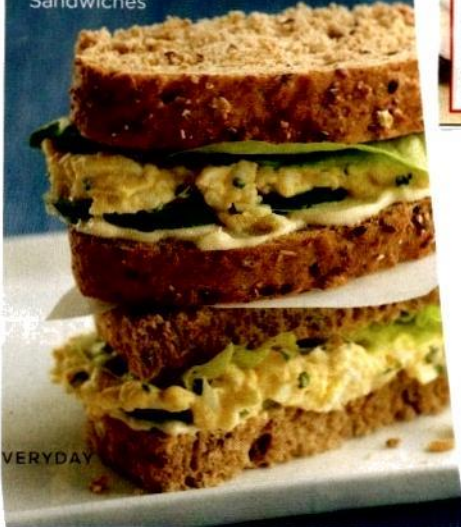
● Mix spinach, cottage cheese and mozzarella, breaking up any clumps of spinach. Spread 1/4 cup tomato sauce in bak-

ing dish. Place 2 noodles on sauce. Spread 1 cup spinach mixture over noodles. Repeat. Place remaining 2 noodles on sauce; spread with remaining sauce.

● Cover; bake 30 minutes or until noodles are tender and heated through. Sprinkle with Parmesan. Bake, uncovered, 5 minutes, or until Parmesan is melted. Cool 10 minutes before serving.

Servings: 4
Calories: 326
Protein: 23 g.
Fat: 9 g. (4 g. sat.)
Trans fat: 0 g.
Chol.: 22 mg.
Carbs.: 41 g.
Sodium: 679 mg.
Fiber: 6 g.
Sugar: 11 g.
Kitchen time: 30 minutes.
Total time: 1 hour, 15 minutes.

Deville Egg Salad Sandwiches



Creamy Chicken and Potato Casserole

Bagged hash brown potatoes (not the frozen type) can be found in the refrigerator section of your grocer, often near the eggs.

Start to finish: 1 hour

Servings: 8

- ½ cup light mayonnaise
- 10¾ oz. can condensed cream-of-chicken soup
- ½ cup milk
- ¼ tsp. ground black pepper
- ½ tsp. salt
- ½ tsp. dried thyme
- ½ tsp. garlic powder
- 20 oz. pack hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut in pieces
- ½ cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- ¾ cup shredded cheddar cheese
- ½ cup panko breadcrumbs



Creamy Chicken and Potato Casserole is a one-pot meal that will be welcome now that fall is upon us. — THE ASSOCIATED PRESS

Heat the oven to 400 F. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder.

Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the breadcrumbs.

Bake for 40 minutes, or until

bubbling and the vegetables are tender.

Nutrition information per serving: 420 calories; 120 calories from fat (29 per cent of total calories); 13 g fat (4 g saturated; 0 g trans fats); 100 mg cholesterol; 41 g carbohydrate; 3 g fibre; 3 g sugar; 32 g protein; 700 mg sodium.

— The Associated Press



COOKWITHCAMPBELLS.CA

Chicken With Cheddar Broccoli Sauce

- 1 lb** (454 g) boneless, skinless chicken breasts, cut into 4 portions
- 1 can** (284 mL) CAMPBELL'S® Condensed Low Fat Cream of Broccoli Soup
- 1/4 cup** (60 mL) orange juice
- 2 tbsp** (30 mL) water
- 1 cup** (250 mL) chopped broccoli florets
- 1/4 cup** (60 mL) shredded old Cheddar cheese
- 2 cups** (500 mL) hot cooked brown rice, cooked without salt



Prep: 10 min Cook Time: 25 min Serves: 4

1. Cook chicken well in large non-stick skillet at medium-high heat. Remove chicken and keep warm. Reduce heat to medium.
2. Combine soup, orange juice, water, broccoli and cheese in same skillet. Heat to a boil, stirring often. Reduce heat to low.
3. Cover and simmer for 3 minutes, stirring often. Return chicken to skillet and heat through. Serve chicken with sauce and rice.

TIP: Create your own unique twist to this recipe by using different fruit juices.

Per serving: 320 Calories, 6g Fat, 480mg Sodium, 33g Carbohydrate, 3g Dietary Fibre, 32g Protein, 8% Daily Value Calcium

iii FAMILY FAVORITE

Chicken paprikash

ACTIVE 30 MIN + TOTAL 30 MIN + SERVES 4

- 6 oz wide egg noodles
- ½ cup fresh flat-leaf parsley, chopped (optional)
- 2 Tbsp olive oil
- 1½ lb boneless, skinless chicken breasts, cut into 2½-in. pieces
- Kosher salt and pepper
- ½ cup dry white wine
- 1 large onion, sliced
- 1 green bell pepper, sliced
- 2 cloves garlic, chopped
- 1 28-oz can whole peeled tomatoes
- 1 Tbsp paprika
- ½ cup sour cream

- 1 Cook the egg noodles according to package directions. Drain and return to the pot. Toss with the parsley (if using).
- 2 Meanwhile, heat 1 Tbsp oil in a large skillet over medium-high heat. Season the chicken with ½ tsp salt and ¼ tsp pepper and cook until browned, 2 to 3 minutes per side. Transfer to a bowl. Add the wine to the skillet and cook, scraping up any brown bits, for 2 minutes. Transfer to the bowl with the chicken.
- 3 Wipe out the skillet and heat the remaining Tbsp oil over medium heat. Add the onion, bell pepper and garlic and cook, stirring occasionally, until tender, 5 to 6 minutes.
- 4 Crush the tomatoes and add them to the skillet along with their juices, the paprika, ½ tsp salt and ¼ tsp pepper. Add the chicken and any juices, nestling the chicken in the mixture. Simmer until the chicken is cooked through, 2 to 3 minutes. Remove from heat and stir in the sour cream. Serve with the noodles.



Basic macaroni and cheese

ACTIVE 30 MIN + TOTAL 40 MIN + SERVES 6

- 1 lb elbow macaroni
- 1 Tbsp olive oil, plus more for the baking dish
- 1 medium onion, finely chopped
- Kosher salt and pepper
- 1 clove garlic, finely chopped
- 1 Tbsp all-purpose flour
- 1½ cups whole milk
- 4 oz lowfat cream cheese
- ¼ tsp freshly grated or ground nutmeg
- ¼ tsp cayenne
- 8 oz extra-sharp Cheddar, shredded (2 cups)
- 8 oz Gruyère, shredded (2 cups)

- 1 Heat oven to 425°F. Oil a shallow 3-qt baking dish or six 2-cup ramekins. Cook the pasta according to package directions.
- 2 Meanwhile, heat 1 Tbsp oil in a large skillet over medium-low heat. Add the onion, ¼ tsp salt and ¼ tsp pepper and cook, covered, stirring occasionally, until very tender, 8 to 10 minutes. Stir in the garlic and cook for 1 minute. Sprinkle the flour over the onion mixture and cook, stirring, for 1 minute.
- 3 Whisk in the milk and bring to a simmer. Whisk in the cream cheese, nutmeg and cayenne until blended. Stir in the Cheddar and Gruyère and simmer, stirring occasionally, until cheese is melted and the mixture is slightly thickened, 1 to 2 minutes.
- 4 Toss the pasta with the cheese sauce and transfer to the prepared baking dish. Bake until golden brown, 10 to 12 minutes.

Protein-packed pasta

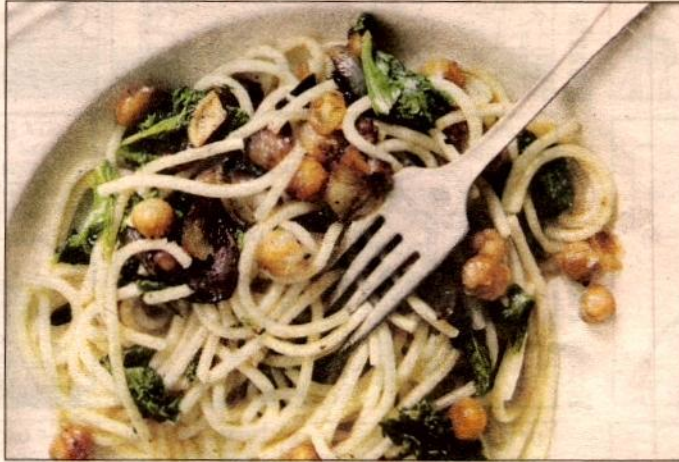
MEATLESS: Vegetarian-friendly meal ready in 30 minutes

Sustaining, healthy and cheap, this meatless supper dish from the new cookbook *Spilling the Beans* (Whitecap, \$29.95) is extra easy to make and should persuade newcomers to healthy leaf vegetables to give them a try. The authors of the book, Julie Van Rosendaal and Sue Duncan, both from Western Canada, have produced an excellent collection, using a variety of beans and grains.

Spaghetti with Garlic, Chickpeas and Kale or Chard

Serves: 4

½ to 1 lbs. (250 to 500 g) spaghetti or other pasta
2 Tbsps. canola or olive oil
1 tsp. butter
1 large onion, chopped
2 cups cooked chickpeas, or 1 can (19 oz.), rinsed, drained
1 bulb garlic, cloves peeled and chopped
1 large bunch kale, trimmed of tough ribs, coarsely chopped
Juice of ½ lemon
¼ cup grated Parmesan cheese
Salt and freshly ground pepper
Bring a big pot of salted water



Spaghetti, chickpeas and kale combine for a tasty dish — WHITECAP

to a boil and cook the spaghetti. Meanwhile, put oil in a large, heavy frying pan, add butter, and cook onion and chickpeas for about 10 minutes, until onion softens and starts to turn golden. Add garlic and cook another few minutes. Remove mixture to a bowl. Meanwhile, add kale to the frying pan along with about ¼ cup of the pasta water. Cover pan, lower heat to medium-low and

cook for about 10 minutes, until kale is just tender. Drain spaghetti, reserving some of the cooking water. Add spaghetti to kale mixture along with lemon juice and a few spoonfuls of the reserved pasta water. Toss to combine. Add chickpeas and grated cheese and toss again, adding more pasta water if desired.

Season to taste with salt and pepper.

V.G.

Macaroni Supper Casserole

2 cups cooked macaroni
½ cup mayonnaise
¼ cup diced green peppers
¼ cup chopped pimentos
1 small onion, chopped
½ tsp salt
10½ oz. can of cream of mushroom soup blended with
½ cup milk
1 cup grated cheese

VERY GOOD

Heat oven to 400°.
Combine all the ingredients, using only half the cheese.
Pour into greased casserole.
Sprinkle with remaining cheese. Bake 20 minutes.

Serves 6

6-Ingredient Supper

Broccoli-Cheese Noodle Casserole



Preheat oven to 350°F. Coat 2-qt. baking dish with cooking spray. Cook *noodles* according to package directions, adding *broccoli* during last 3 minutes of cooking time; drain and return to pot. Meanwhile, in separate pot, whisk *sauce mix* into *milk* until blended; over medium-high heat, bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, 2-3 minutes. Stir *sauce*, *ham*, 1 cup *cheese* and 1/4 tsp. *pepper* into noodle mixture. Transfer to baking dish. Sprinkle with remaining 1/2 cup *cheese*.

Bake 20-25 minutes or until heated through and cheese is melted.

Servings: 4
Calories: 600
Protein: 42 g.
Fat: 27 g.
(13 g. sat.)
Trans fat: 0 g.
Chol.: 142 mg.

Carbs.: 48 g.
Sodium: 2,146 mg.
Fiber: 3 g.
Sugar: 6 g.
Kitchen time:
20 minutes.
Total time: 55 minutes.

Eggs and cheese make a simple supper

BY JULIAN ARMSTRONG
POSTMEDIA NEWS

If you have eggs and cheese in the refrigerator, you have the makings of a fine lunch or supper dish. Add a salad, suggests Australian cookbook author Donna Hay in her latest cookbook, called *A Cook's Guide* (HarperCollins, \$29.99). A collection of classic and basic recipes taken from her magazine's how to cook series, is beautifully illustrated — as is usual with Hay cookbooks. This new book is a useful resource. Her easy frittata can also be served cold. As an option, Hay suggests including a little crumbled blue cheese with the ricotta and cheddar.



A combo of two kinds of cheese plus eggs makes an easy frittata. — HARPERCOLLINS

Frittata

Serves: 4
6 eggs
1 cup table cream
1/3 cup finely grated Parmesan cheese

Sea salt and freshly cracked black pepper

1 1/2 Tbsps. butter
2 tsps. olive oil
400g ricotta cheese

1 cup grated cheddar cheese

In a medium bowl, whisk together the eggs, cream, Parmesan cheese, salt and pepper. Heat a 9-inch heavy, non-stick frying pan over low heat. Add butter and oil, tipping pan to coat surface. Add egg mixture and cook for five minutes or until edges are just starting to set.

Sprinkle with ricotta and cheddar cheese and cook for 15 minutes or until egg is almost set. Place under preheated broiler for five minutes, or until egg is set and top is golden.

ham, chicken or mushrooms



Spinach was added to this pasta and cheese dish, but you can easily add cooked ham, chicken or mushrooms. —MCT

9 oz. grated mozzarella cheese or fresh mozzarella

6 oz. fresh baby spinach
¼ to ½ cup bread-crumbs

¼ to ½ cup grated Parmesan cheese

Cook the pasta in a large pot of well-salted boiling water over high heat until al dente, about 9 minutes.

Meanwhile, heat the broiler to medium. Place the Boursin and cream cheese in a small saucepan over medium heat; cook, mixing well, until the cheeses melt and forms a sauce. (Or microwave in a bowl, 1 ½ minutes.)

Drain the pasta, reserv-

ing ½ cup pasta water. Return the pasta to the pot; fold in the melted cheese mixture, pasta water and the mozzarella until well combined. Stir in the spinach just until incorporated.

Pour mixture into a buttered baking dish, 8-9 inches wide and 3 inches deep. Sprinkle with the breadcrumbs and Parmesan; broil until golden brown, about 3 minutes.

Per serving: 509 calories, 17 g fat, 8 g saturated fat, 42 mg cholesterol, 64 g carbohydrates, 29 g protein, 536 mg sodium, 4 g fibre.

— Adapted from
Home at 7, Dinner at 8

Low-sodium lo mein

ACTIVE 25 MIN + TOTAL 30 MIN + SERVES 4

- 8 oz udon noodles or linguine
- ¼ cup tomato purée (no added salt)
- 2 Tbsp rice vinegar
- 2 Tbsp dark brown sugar
- ¼ tsp cayenne pepper
- 2 tsp toasted sesame oil (optional)
- 1 Tbsp plus 2 tsp canola oil
- 8 oz ground pork
- 4 oz shiitake mushrooms, stems discarded, caps sliced, or white mushrooms, sliced
- ½ lb medium carrots (about 2), cut into matchsticks
- 4 cloves garlic, finely chopped
- 1 1-in. piece fresh ginger, finely chopped
- 1 medium zucchini, cut into matchsticks
- ½ small Napa cabbage (about ½ lb), sliced into ½-in.-thick strips

1 In a large pot, cook the noodles according to package directions. In a small bowl, whisk together the tomato purée, vinegar, sugar, cayenne, sesame oil (if using) and ¼ cup water. Drain the noodles, return them to the pot and toss with the tomato mixture.

2 Meanwhile, heat 2 tsp canola oil in a large nonstick skillet over medium-high heat. Add the pork and cook, breaking it up with a spoon, until browned, 4 to 5 minutes; transfer to a bowl.

3 Wipe out the skillet and heat the remaining Tbsp canola oil. Add the mushrooms and cook, tossing, for 2 minutes. Add the carrots, garlic and ginger and cook, tossing, for 1 minute. Add the zucchini and cabbage and cook, tossing occasionally, until the cabbage begins to wilt, about 2 minutes.

4 Return the pork to the skillet and toss to combine. Toss the vegetable mixture with the noodle mixture.

PER SERVING 503 CAL, 20 G FAT (5 G SAT FAT), 41 MG CHOL, 173 MG SOD, 20 G PRO, 61 G CAR, 7 G FIBER



tested till perfect

Quick & Easy

Weeknight dinner solutions

BY IRENE FONG & THE TEST KITCHEN

PHOTOGRAPHY BY YVONNE DUIVENVOORDEN | FOOD STYLING BY NICOLE YOUNG | PROP STYLING BY CATHERINE DOHERTY

30min
TOTAL TIME

Salsa-Stuffed Muffin Meat Loaves

Hands-on time: 15 minutes

Total time: 30 minutes

Makes: 4 servings

Black beans add fibre and bulk, and perfectly match the seasonings in these little Tex-Mex-inspired loaves.

- 1 cup fresh whole wheat bread crumbs
- 1 green onion, chopped
- ½ cup drained canned black beans, rinsed
- ½ tsp chili powder
- ½ tsp pepper
- ¼ inch salt
- 1 egg
- 1 lb (450 g) extra-lean ground beef
- ½ cup prepared salsa
- ½ cup shredded Monterey Jack cheese or Cheddar cheese

In a large bowl, combine bread crumbs, onion, black beans, chili powder, pepper, salt and egg. Mix in beef. Shape into 8 balls. Place each in a lightly greased muffin cup.

With a spoon, make indentation in centre of each; fill with salsa and sprinkle with cheese.



Bake in 400°F (200°C) oven until digital rapid-read thermometer inserted in centre of meat reads 160°F (71°C), about 15 minutes.

PER SERVING: about 335 cal, 32 g pro, 15 g total fat (7 g sat. fat), 16 g carb (4 g dietary fibre, 2 g sugar), 122 mg chol, 482 mg sodium, 543 mg potassium.
% RD: 15% calcium, 28% iron, 8% vit A, 3% vit C, 19% folate. »

Light Cooking 157

Broccoli & Teta Cheese

with Red Peppers

4 cups chopped florets (broccoli)

2 inch (5 cm) stalk pieces

2 tsp vegetable oil

2 tsp ~~crushed~~ ^{crushed} garlic

3/4 cup diced onion

1/2 cup diced red pepper

1/3 cup sliced black ~~olive~~ olives

1 cup diced tomatoes

2 tsp chicken stock

1 tsp dried oregano

1 1/2 oz Teta cheese

Microwave broccoli just

until tender. (barely) drain

and set aside. In nonstick skillet,

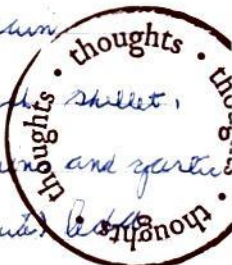
heat oil, ~~saute~~ saute onion and garlic

until just softened (3 minutes)

broccoli, red pepper, olives, tomatoes and

chicken stock and oregano. Cook 3 minutes

Sprinkle with cheese



Light cooking 167

Green Beans and Diced Tomatoes

8 oz green beans, trimmed

1 tsp crushed garlic

$\frac{3}{4}$ cup chopped onion

$\frac{1}{3}$ cup red or yellow pepper

$1\frac{1}{2}$ cup diced tomatoes

$\frac{1}{2}$ tsp. dried basil

$\frac{1}{2}$ tsp. dried oregano

2 tbsp chicken stock

2 tsp lemon juice

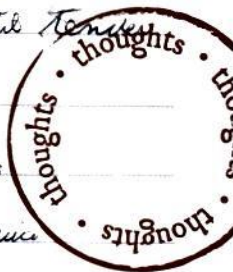
2 tsp grated Parmesan cheese

1. Microwave green beans just until tender. Set aside.

2. In a nonstick skillet, heat oil; saute garlic, onion and red pepper just until tender.

3. Add green beans, tomatoes, basil, oregano, chicken stock and lemon juice.

for 2 minutes, stirring constantly. Sprinkle with Parmesan cheese if using.



Herbed Cheese-Stuffed Chicken

Hands-on time: 15 minutes Total time: 30 minutes Makes: 4 servings

This dinner is quick enough for weeknights but elegant enough for entertaining. You can stuff the chicken using a spoon, but a disposable piping bag makes it easier.

75 g **garlic-and-fine-herbs fresh soft cheese** (such as Boursin)

¼ cup **fresh bread crumbs** or panko bread crumbs

2 tbsp drained **oil-packed sun-dried tomatoes**, thinly sliced

5 **fresh basil leaves**, chopped

4 **boneless skinless chicken breasts** (about 1½ lb/675 g), filets removed

Pinch each **salt** and **pepper**

1 tsp **olive oil**

Stir together cheese, bread crumbs, tomatoes and basil.

Holding paring knife horizontally, insert into thick end of each chicken breast and wiggle back and forth to form pocket. Using disposable piping bag or small spoon, stuff each pocket with one-quarter of the cheese mixture. Sprinkle with salt and pepper.

In ovenproof skillet, heat oil over medium-high heat; brown chicken on both sides, about 6 minutes. Transfer to 400°F (200°C) oven; bake until juices run clear when chicken is pierced, about 8 minutes.

PER SERVING: about 256 cal, 34 g pro, 12 g total fat (6 g sat. fat), 3 g carb (trace dietary fibre, 1 g sugar), 99 mg chol, 209 mg sodium, 454 mg potassium. % RDI: 2% calcium, 5% iron, 7% vit A, 7% vit C, 4% folate. »

NOURISH YOUR DAY

Visit canadianliving.com/food/_dairy_goodness for more delicious cheese recipes.

30min
TOTAL TIME

For sharper flavour, add 2 tbsp grated Parmesan cheese to the stuffing. Or switch it up and use a black pepper or shallot-and-chive cream cheese.





30min
TOTAL TIME

Creamy Ham and Pea Pasta

Hands-on time: 30 minutes Total time: 30 minutes Makes: 4 servings

Here's a great way to use up any leftover ham after a holiday meal. Throw in any other vegetables you may have instead of (or in addition to) the peas.


2 tbsp **unsalted butter**
 1 **small onion**, thinly sliced
 1 clove **garlic**, minced
 2 tbsp **all-purpose flour**
 1 cup **sodium-reduced chicken broth**
 1 cup **evaporated milk**
 1 tbsp **grainy mustard**
 2 cups cubed **cooked ham**
 1 cup **frozen peas**
 12 oz (340 g) **farfalle pasta**

In large skillet, melt butter over medium heat; cook onion, stirring occasionally, until golden, about 7 minutes.

Add garlic; cook for 1 minute. Stir in flour; cook, stirring, until light golden, about 1 minute. Whisk in broth, evaporated milk and mustard; cook, stirring occasionally, until slightly thickened, about 3 minutes. Stir in ham and peas; cook until hot, about 2 minutes.

Meanwhile, in large pot of boiling salted water, cook pasta according to package directions until al dente; drain and return to pot, reserving $\frac{1}{4}$ cup of the cooking liquid. Add ham mixture and toss to coat, gradually thinning with reserved pasta water until desired consistency.

PER SERVING: about 593 cal, 34 g pro, 14 g total fat (7 g sat. fat), 80 g carb (6 g dietary fibre, 11 g sugar), 60 mg chol, 1,486 mg sodium, 596 mg potassium. % RDI: 20% calcium, 36% iron, 16% vit A, 43% vit C, 94% folate. »



Recipe **REMIX**

2 } *Tex-Mex mac & cheese* ▶

ACTIVE 40 MIN + TOTAL 50 MIN + SERVES 6

Prepare the basic macaroni and cheese recipe, substituting 8 oz **pepperjack cheese** for the Gruyère. Whisk in $\frac{3}{4}$ cup **salsa verde** (green salsa) along with the cream cheese. Before transferring to the baking dish, fold in 2 cups **shredded rotisserie chicken**, 1 cup **fresh corn kernels**, 2 **plum tomatoes** (roughly chopped) and 1 cup **cilantro leaves**. Bake as directed.

PER SERVING 622 CAL, 29 G FAT (15 G SAT FAT), 104 MG CHOL, 924 MG SOD, 34 G PRO, 54 G CAR, 3 G FIBER



COST PER SERVING
\$2.21

◀ 3 } *Reuben mac & cheese*

ACTIVE 40 MIN + TOTAL 50 MIN + SERVES 6

Prepare the basic macaroni and cheese recipe, whisking in 3 Tbsp **Dijon mustard** along with the cream cheese. Before transferring to the baking dish, fold in 8 oz **sauerkraut** (drained and squeezed of excess moisture) and 8 oz sliced **deli corned beef** (thinly sliced). Tear 4 slices **rye bread** (crusts removed) into $\frac{1}{2}$ -in. pieces. Toss with 1 Tbsp **olive oil** and $\frac{1}{4}$ tsp each **salt** and **pepper**. Sprinkle over the pasta mixture and bake as directed.

PER SERVING 628 CAL, 29 G FAT (15 G SAT FAT), 89 MG CHOL, 1,213 MG SOD, 32 G PRO, 58 G CAR, 4 G FIBER



COST PER SERVING
\$2.51



COST PER SERVING
\$2.32

4 } *Cajun mac & cheese* ▶

ACTIVE 40 MIN + TOTAL 50 MIN + SERVES 6

Prepare the basic macaroni and cheese recipe, cooking 1 **green bell pepper** (sliced) along with the onion. Omit the nutmeg and cayenne and stir in 2 tsp **Cajun seasoning**. Thinly slice a 13-oz pkg of **kielbasa**. Heat 1 Tbsp **olive oil** in a large skillet over medium-high heat. Brown the kielbasa, about 1 minute per side. Fold into the pasta mixture and bake as directed.

PER SERVING 655 CAL, 36 G FAT (17 G SAT FAT), 106 MG CHOL, 1,236 MG SOD, 31 G PRO, 51 G CAR, 2 G FIBER

Tuna-Broccoli Casserole P(132)

- 1 pkg. frozen broccoli
- 7oz can of tuna, flaked
- 10½ oz. can cream of mushroom soup.
- ½ can milk
- 1½ cup crushed potato chips (1 small bag)

Heat oven to 450° ^{spit}

Cook broccoli 3 minutes. DRAIN)

(Spit broccoli stalks before cooking). Place in 1 qt. ^(BAKING) dish ^(BAKING)
Cover with Tuna Mix soup and milk, pour over tuna. Sprinkle potato chips over top. Bake 15 min)

Series 4