

**“Make-Your-Own” Casserole  
Makes 6 Servings**



**General Directions:**

Select food (s) from each category or use your own favorites. Combine in a buttered 2-2 ½ quart casserole dish. Cover and bake at 350° for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°) throughout.

<b>Starch – select ONE:</b> Measure pasta or rice uncooked and cook before adding to other ingredients.	<b>Protein – select ONE:</b>	<b>Vegetable-select ONE:</b>	<b>Sauce – select ONE:</b>	<b>Flavor – select ONE or MORE:</b>	<b>Topping-select ONE or MORE:</b>
2 cups uncooked pasta (macaroni, penne, spiral, bowtie).	2 cups cooked ground beef	1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas	2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups	½ cup chopped celery, ¼ cup chopped onion, ¼ cup sliced black olives	¼ cup shredded Swiss, Cheddar, or Monterey Jack cheese
1 cup uncooked long-grain white or brown rice.	2 cups cooked and diced chicken, turkey, ham, beef, or pork	1 (16-oz.) can green beans, peas, carrots, corn, drained	1 (16-oz.) can diced tomatoes with juice or use 1 can meatless spaghetti sauce	1-2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)	¼ cup buttered bread crumbs
4 cups uncooked noodles.	2 cups chopped hard-cooked egg	2 cups sliced fresh zucchini		Salt and pepper to taste	¼ to ½ cup canned fried onion rings
	2 (6 to 8-oz.) cans fish or seafood, flaked				2 tablespoons grated Parmesan cheese
	2 cups cooked or canned dry beans (kidney, etc.)				

If topping is used return casserole uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.



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