

1ST
EDITION

ALL THE RECIPES YOU NEED

TODAY'S COOKING

Delicious Made Easy!

CASSEROLES



Each Volume has
Hundreds of Recipes

Volume

- a. Appetizers
- b. Soups
- c. Sauces, Dressings & Seasonings
- d. Dairy & Egg
- e. Salads
- f. Vegetables
- g. Fruits
- h. Pasta, Grains & Breads
- i. Sweets
 - Cookies/Cakes
 - Desserts
- j. Drinks

Volume

- k. Seafood
 - Fish
 - Shellfish
- l. Poultry
 - Chicken
 - Turkey & more
- m. Meats
 - Beef
 - Pork
 - Lamb & more
- n. **Casseroles/Stews**
- o. Vegetarian
- p. Miscellaneous



Cooking tips & tricks

Measures & equivalents

TODAY'S COOKING

Welcome!

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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offend thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

TODAY'S COOKING

“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastronomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

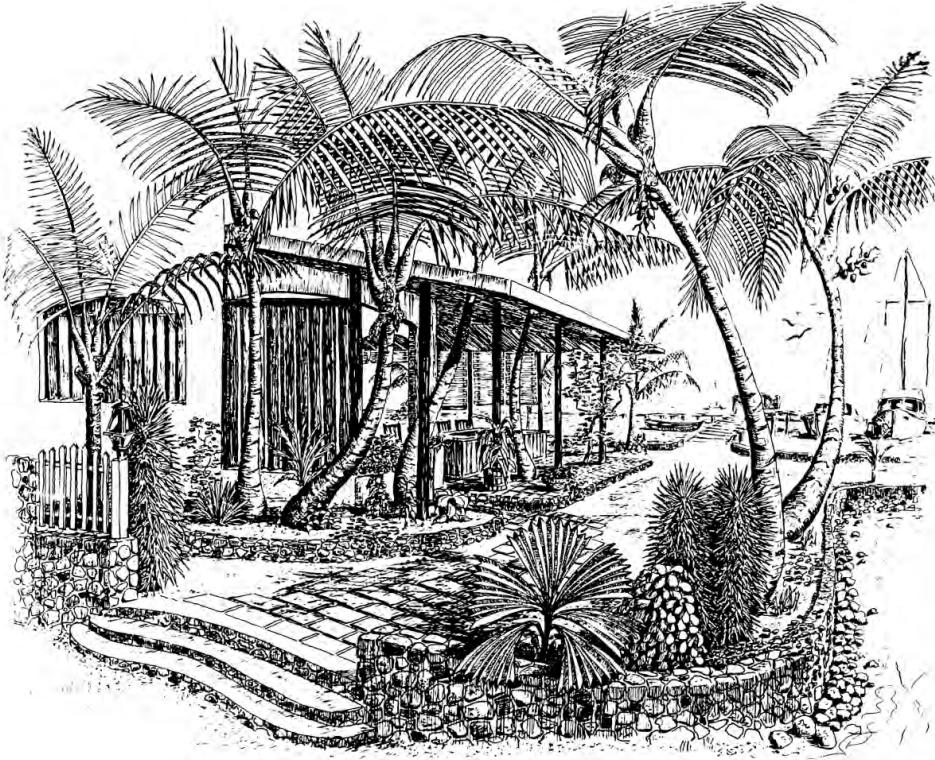
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

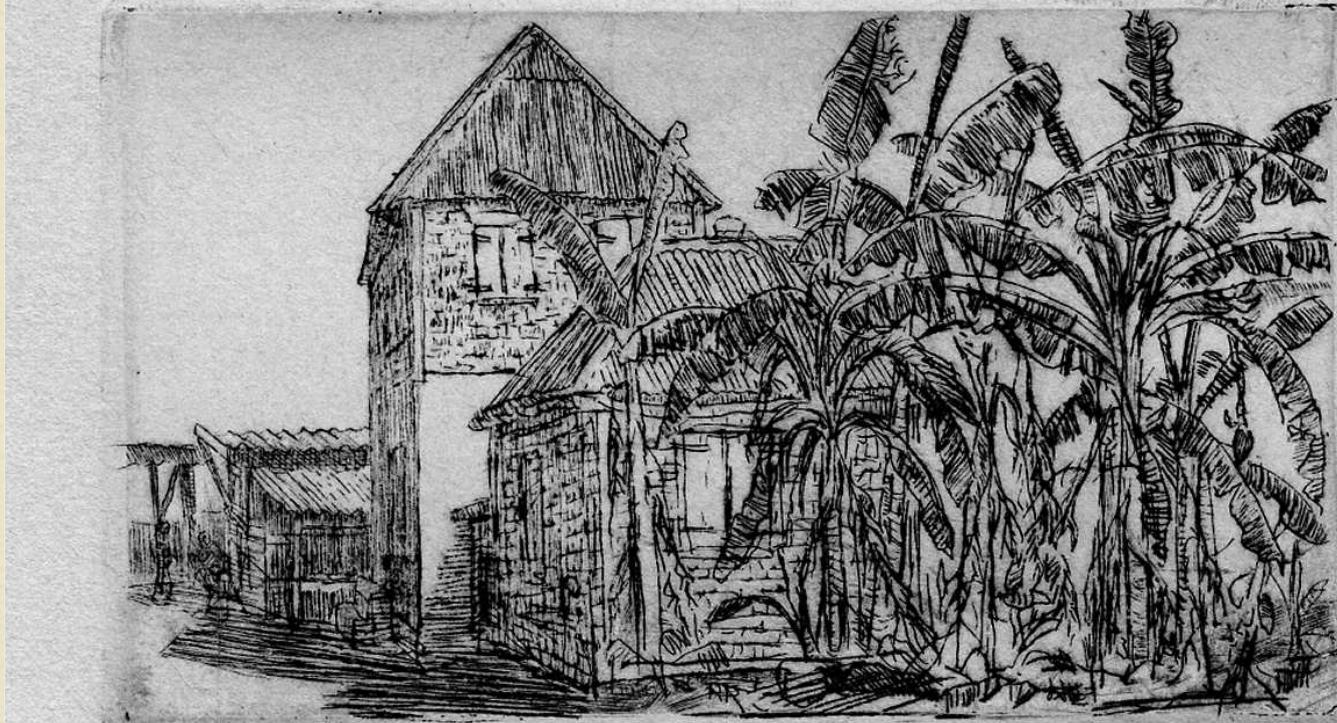
Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

TODAY'S COOKING



Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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TODAY'S COOKING

Breakfast/Brunch Casseroles

For more Egg Recipes also see Eggs and
Quiche, Soufflés and Tarts Cookbooks

CORN PUDDING WITH FRUIT - SERVES 8

Ingredients

1. 2 cups of fresh corn kernels or frozen, thawed*
2. 5 eggs
3. 1/2 cup milk
-
4. 1-1/2 cups half'n'half
5. 1/3 cup unsalted butter, melted and cooled
6. 1 tsp. vanilla extract
7. 1/2 tsp. salt
8. Black pepper to taste
-
9. 3 cups of fresh corn kernels or frozen, thawed*
10. 3 Tbs. ea. chopped dried dates, raisins, apricots and other dried fruit of choice

Preparation

1. Preheat oven @ 350°F (180°C). Coat a casserole dish with cooking spray.
2. Combine items 1, 2 & 3 in a food processor and pulse until almost smooth.
3. Place into a large bowl and stir in items 4 through 8. Add the remaining corn and the dried fruit.
4. Pour into the casserole dish and bake 50 to 60 minutes or until the center is set and the top lightly browned. Let stand 10 minutes and serve.

TODAY'S COOKING

FRUITED FRENCH TOAST BAKE - SERVES 6

Ingredients

1. 1/4 cup ea. milk and half'n'half (or just all milk)
2. 1/3 cup sugar
-
3. 4 eggs
4. 1 Tbs. orange zest
5. 1/2 tsp. vanilla extract
6. Pinch of salt
7. 6 slices of whole wheat or white bread, crusts removed and cut into 1" pieces
8. 1 cup fresh blueberries, rinse and picked over

Preparation

1. Preheat oven @ 350°F (180°C). Coat a 8" square baking dish with cooking spray.
2. Whisk together the first 2 items until sugar is dissolved. Beat in items 3, 4 & 5. Stir in the remaining items and pour into the baking dish. Bake about 45 minutes or until the center is set and the top browned. Let stand 5 minutes and serve.

BLUEBERRY FRENCH TOAST BAKE - SERVES 8

Ingredients

1. 12 slices of day-old French bread, cut 1" thick
-
2. 2-1/2 cups milk
3. 1/2 cup packed brown sugar*
4. 5 eggs, lightly beaten
5. 1 tsp. vanilla
6. 1/2 tsp. ground nutmeg
7. Pinch of salt
-
8. 1 cup chopped pecans
9. 1/4 cup butter, melted
10. 1/2 cup packed brown sugar*

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11. 2 cups fresh blueberries, rinse and picked over.

Preparation

1. Preheat oven @ 400°F (200°C). Place the bread in the bottom of a 13" x 9" baking dish coated with cooking spray.
2. In a large bowl, whisk together items 2 through 7 and pour over the bread. Refrigerate, covered, at least 8 hours. Let sit on the counter 30 minutes prior to baking.
3. Top the casserole with the pecans. Stir items 9 & 10 together and drizzle over the pecans. Bake, uncovered for 25 minutes; top with the blueberries and bake another 10 minutes or until a toothpick inserted in the center comes out clean. Let stand 5 minutes and serve.

CINNAMON RAISIN STRATA - SERVES 4

Ingredients

1. 1/4 cup butter, softened
2. 3 Tbs. ground cinnamon
-
3. 8 slices day-old raisin bread
4. 4 Tbs. packed brown sugar, divided
-
5. 1-1/2 cups milk
6. 6 eggs, slightly beaten
7. 3 Tbs. maple syrup
8. 1 tsp. vanilla extract

Preparation

1. Preheat oven @ 350°F (180°C). Coat a 8" square baking dish with cooking spray.
2. Combine the first 2 items well and spread one side of each slice of bread. Place half the bread into the baking dish; sprinkle with half the sugar and repeat with the remaining bread and sugar.
3. Whisk together the remaining items and pour into the baking dish. Cover and refrigerate overnight.
4. Let the dish sit at room temperature for 30 minutes and then bake, uncovered for 40 to 50 minutes. Serve with additional syrup.

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EGG FLORENTINE - SERVES 8

Ingredients

1. 1 pkg. (20 oz.) refrigerated shredded hash browns
2. 1 Tbs. olive oil
-
3. 1 pkg. frozen chopped spinach, thawed and squeezed dry
4. 4 oz. Swiss cheese, cubed
5. 4 oz of chopped ham (alternatives: chicken, crab meat or shrimp)
-
6. 8 eggs, lightly beaten
7. 1/2 cup milk or buttermilk
8. 1 Tbs. pesto
9. 1 cup biscuit mix
10. Salt & pepper to taste
11. 1-1/2 cups shredded Asiago or Cheddar cheese
12. 2 Tbs. minced basil

Preparation

1. Preheat oven @ 350°F (180°C).
2. In a large bowl thoroughly combine the first 2 items. Press into a 13"x 9" baking dish. Bake about 25 minutes or until edges are browned.
3. Mix together items 3 & 4; place on the crust and top with the ham or any of the alternatives.
4. Whisk together items 6, 7 & 8. Stir in items 9, 10 & 11.
5. Bake, uncovered for 25; sprinkle on the basil and bake another 5 minutes. Let set 10 minutes before serving.

TOMATO POACHED EGGS - SERVES 4

Ingredients

1. 3 Tbs. butter
2. 1 lb. mushrooms, slice
-
3. 3 or 4 large tomatoes, cubed

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4. 8 eggs
5. Salt & pepper to taste
6. 3/4 cup shredded cheese of choice

Preparation

1. In a large skillet, sauté the mushrooms in the butter until they release their moisture. Add the tomatoes and cook until they start to breakdown.
2. Make 8 indentations in the mushroom/tomato mixture and carefully break an egg into each. Season; top with the cheese; cover the skillet and cook until eggs are just set.

DEVILED EGG & SHRIMP BAKE - SERVES 6

Ingredients

1. 4 Tbs. butter*
2. 4 Tbs. flour
3. 2 cups milk
-
4. 1/2 tsp. salt and pepper
5. 1/2 tsp. Worcestershire sauce
6. 1/4 tsp. dry mustard
7. 1 tsp. grated onion
8. 1-1/2 cups shredded sharp Cheddar (6 oz.)
-
9. 6 hard-cooked eggs, deviled
10. 2 cans (5 oz.) tiki shrimp, drained
-
11. 2 Tbs. butter*
12. 1/2 cup soft bread crumbs
13. Toast triangles

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a medium saucepan, melt the butter; stir in the flour and cook 2 to 3 minutes. Blend in the milk and cook, stirring, until thickened and smooth. Stir in items 4 through 7; add the cheese and stir until melted.

TODAY'S COOKING

3. Place the deviled eggs on a 9" square baking dish coated with cooking spray. Sprinkle on the shrimp; top with the sauce.
4. Melt the remaining butter; stir in the crumbs and sprinkle over the casserole. Bake 25 minutes or until bubbling.

SOUTHWEST EGG PUFF - SERVES 12

Ingredients

1. 10 eggs
-
2. 1/2 cup flour
3. 1 tsp. baking powder
4. 1/2 tsp. salt
-
5. 4 cups (1 lb.) shredded Monterey Jack cheese
6. 2 cups cottage cheese
7. 1 can (4 oz.) chopped, mild green chilies

Preparation

1. Preheat oven @ 350°F (180°C).
2. In a large bowl, beat the eggs with an electric mixer on medium-high until lemon colored, about 3 minutes.
3. Whisk together the next 3 items and gently mix into the eggs. Add the cheeses and mix well.
4. Pour the batter into a 13"x 9" casserole dish and bake, uncovered, for approximately 35 minutes or until a toothpick inserted in the center comes out clean.
5. Let rest 5 minutes before serving.

SOUTHWEST EGG QUESADILLA - SERVES 6 TO 8

Ingredients

1. 2 Tbs. olive oil
2. 1 medium onion, chopped
3. 1 medium green bell pepper, chopped

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4. 1 garlic clove, minced or pressed
5. 3 cups fresh or frozen corn, thawed
6. 1 tsp. minced chives
7. 1 Tbs. chopped parsley
8. Salt & pepper to taste
-
9. 4 eggs, lightly beaten
-
10. 4 (10") flour tortillas
11. 1/2 cup salsa
12. 1 cup sour cream
13. 1 cup shredded cheddar cheese
14. 1 cup shredded mozzarella

Preparation

1. Preheat oven @ 350°F (180°C).
2. In a large skillet heat the oil and sauté items 2, 3 & 4 about 4 minutes. Add items 5 through 8 and cook another 3 minutes. Stir in the eggs and cook until set.
3. Place 1 tortilla on a lightly grease a pizza pan or baking dish. Layer 1/3 of the egg mixture, salsa and sour cream on top. Sprinkle with 1/4 of the cheeses. Repeat twice; top with the remaining tortilla and cheeses.
4. Bake for 10 minutes or until the cheese melts. Cut into wedges.

BREAKFAST CASSEROLE - SERVES 6

Ingredients

1. 6 slices white bread
2. 6 oz. shredded sharp cheddar cheese(1-1/2 cups)
3. 6 oz. shredded Monterey Jack cheese(1-1/2 cups)
4. 1 (4 oz.) can of chopped green chilies
-
5. 6 eggs (or 2 eggs and 1 cup of egg substitute)
6. 2 cups milk
7. 2 tsp. of paprika
8. 1/2 tsp. ea. dried oregano & black pepper
9. 1/4 tsp. ea. garlic powder & dry mustard

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10. Pinch of salt
11. Chopped cilantro or parsley

Preparation

1. Preheat the oven @ 325° F (170° C).
2. Lightly butter a 13" by 9" in baking pan (or spray with oil) and place bread in the bottom of the pan.
3. Sprinkle with the cheeses and top with green chilies.
4. Whisk together items 5 through 10.
5. Pour over the casserole; cover and refrigerate 8 to 10 hours.
6. Remove from the fridge and let stand 30 minutes.
7. Bake, uncovered, for 50 minutes.
8. Top with cilantro and let stand 5 minutes or more before serving.

GOOD MORNING CASSEROLE - SERVES 12

Ingredients

1. 1/2 lb. bulk pork sausage
2. 1 loaf (approx. 1 lb.) cinnamon-raisin bread, cubed
- 3.
4. 6 large eggs
5. 1-1/2 cups ea. milk & half'n'half cream
6. 1 tsp. vanilla extract
7. 1/4 tsp. ea. ground cinnamon & ground nutmeg

Topping:

1. 1 cup chopped pecans
2. 1 cup packed brown sugar
3. 1/2 cup butter, softened
4. 2 Tbs. maple syrup

Preparations

1. In a large skillet, cook sausage over medium heat 4 to 6 minutes or until no longer pink, breaking it into crumbles; drain well.
2. In a greased 13x9-in. baking dish, combine the bread and sausage.

TODAY'S COOKING

3. In a large bowl, whisk the remaining items until blended and pour over the bread/sausage. Refrigerate, covered, several hours or overnight.
4. Preheat the oven to 350° F (180° C). Remove the casserole from refrigerator for 30 minutes.
5. In a small bowl, beat the topping items until blended. Drop by tablespoonfuls over the casserole.
6. Bake, uncovered, 35 to 45 minutes or until golden brown and a knife inserted in center comes out clean. Let stand 5 to 10 minutes before serving.

TODAY'S COOKING

Poultry Casseroles

CHICKEN NOODLE CASSEROLE - SERVES 6 TO 8

Ingredients

1. 1 (12 oz.) package large egg noodles
-
2. 1 stick butter, divided: 1 Tbs., 2 Tbs., 4 Tbs. and 1 Tbs.
3. 10 oz. mushrooms, sliced
-
4. 1/2 medium onion, chopped
5. 1 clove garlic, minced or pressed
6. 1 rib of celery, finely chopped
7. 1 carrot, thinly sliced
-
8. 1/3 cup flour
-
9. 1/2 cup dry white wine or dry vermouth
10. 2 sprigs fresh thyme or 1/2 T dried
11. 3-1/2 cups chicken stock
12. 1 cup heavy cream or half'n'half or milk & cornstarch alternative.
13. Salt & pepper to taste
14. 3 cups of shredded rotisserie chicken
15. 2 Tbs. minced parsley
16. 1 cup Gouda, Mahon or Muenster cheese, shredded

Preparation

1. Preheat oven @ 375°F (190°C). Butter or spray a medium size baking dish.
2. Cook the noodles for 4 to 6 minutes. Drain and set aside.
3. In a large skillet, melt the 1 Tbs. of butter and over medium-high heat sauté item 3 for 3 to 5 minutes. Remove to a bowl and set aside.
4. Reduce the heat to medium and melt 2 Tbs. butter. Add item 4 and cook 5 minutes. Add items 5, 6 & 7 and cook 5 minutes.

TODAY'S COOKING

5. Melt the 4 Tbs. of butter in a medium saucepan and whisk in the flour until smooth. Cook 2 minutes; whisk in the milk and cook, stirring another 5 minutes until the sauce is smooth and slightly thickened. Season with salt & pepper. Combine the sauce, noodles, chicken and vegetables. Place in the prepared baking dish.
6. Melt the last of the butter and mix with the crumbs. Sprinkle over the casserole and top with the cheese. Bake 25 minutes.

LEFTOVER CHICKEN CASSEROLE - SERVES 4

Ingredients

1. 6 slices bread, crusts removed, cut into cubes
2. 2 Tbs. butter*
3. 1 large onion, chopped
4. 1 large green onion, sliced
5. 1/2 green pepper, chopped
6. 1 large celery rib, sliced
7. 1 fennel bulb, coarsely chopped (optional)
-
8. 1 (4oz.) can sliced mushrooms, drained
9. 1 (8oz.) can sliced water chestnuts (optional)
-
10. 1/4 cup mayonnaise
11. 1 cup milk or half'n'half
12. 1 (10-3/4oz.) can condensed cream of celery soup
13. 2 eggs, beaten
14. 2 Tbs. chopped pimento
15. 1 tsp. salt
16. 1/4 tsp. pepper
-
17. 2 cups or more chopped, cooked chicken (roasted is best)
18. 1 cup shredded muenster, manchego or cheddar cheese
-
19. 1/2 cup fine, dried bread crumbs
20. 2 Tbs. softened butter*

TODAY'S COOKING

Preparation

1. Line a large, greased baking dish with the bread cubes.
2. In the butter, sauté items 3 through 7 until just softened. Place in a large bowl and add items 8 & 9.
3. In another bowl combine items 10 through 16. Mix well and add to the vegetables.
4. Pour a third of the mixture over the bread cubes. Add the chicken and top with the cheese. Pour on the rest of the mixture and bake, uncovered for 50 minutes at 350°F (180°C).
5. Combine the last 2 items; sprinkle on top of the casserole and bake another 10 minutes.

CHICKEN TARRAGON - SERVES 4

Ingredients

1. 4 large chicken thighs
2. 1 can (10-1/2 oz.) condensed cream of chicken soup
3. 1/4 cup milk
4. 1 medium to large onion, sliced
5. 1 Tbs. chopped fresh tarragon or 1 tsp. dried
6. 1/4 tsp. poultry seasoning
7. Salt & pepper to taste
8. 1/4 cup toasted sliced almonds

Preparations

1. Preheat the oven @ 375°F (190°C).
2. Place the chicken in a greased casserole dish so not to overlap.
3. In a large bowl, combine items 2 & 3. Stir in items 4 through 7 and mix well. Pour over the chicken and bake, uncovered, 40 minutes. Sprinkle the almonds over the top and bake another 8 to 10 minutes.

TODAY'S COOKING

CHICKEN WITH MUSHROOMS - SERVES 4

Ingredients

1. 1 stick unsalted butter (8 Tbs.)
2. 1 tsp. salt
3. 1/4 to 1/2 tsp. pepper
4. 1 tsp. paprika
5. 1/4 tsp. thyme
-
6. 4 large chicken thighs
7. Flour
8. 1/2 cup dry white wine
9. 2 cups sliced fresh mushrooms

Preparations

1. Preheat the oven @ 400°F (200°C).
2. In a small saucepan, melt the butter and stir in items 2 through 5.
3. Dredge the chicken in the flour and then dip into the butter. Place into a casserole dish and bake 30 minutes. Reduce heat to 350°F (180°C). Turn the chicken; add the wine and sprinkle the mushrooms over the top. Cover and bake another 30 minutes.

CHICKEN & MUSHROOMS - SERVES 4

Ingredients

1. 6 Tbs. melted unsalted butter
2. 1 tsp. ea. salt & paprika
3. 1/4 tsp. ea. pepper & thyme
-
4. 1/4 cup flour
5. 2 to 3 lbs. chicken thighs, skin on.
-
6. 1/2 cup dry white wine
7. 2 cups sliced, fresh mushrooms

TODAY'S COOKING

Preparations

1. Preheat the oven @ 400°F (200°C).
2. Place the melted butter in a casserole dish and mix in items 2 & 3.
3. Dredge the chicken in the flour and coat on all sides in the seasoned butter. Place the chicken skin side down.
4. Bake in the oven until browned, about 30 minutes. Reduce heat to 350°F (180°C). Turn the chicken over; add the wine and top with the mushrooms. Tightly cover the dish and bake another 30 minutes.
5. Crisp the skin by uncovering the dish and placing under the broiler a minute or two.

CREAMY CHICKEN & WILD RICE CASSEROLE - SERVES 8

Ingredients

1. 1 Tbs. olive oil*
2. 1-1/2 lbs. boneless, skinless chicken thighs
3. 1-1/2 tsp. kosher salt
4. 1/2 tsp. pepper
-
5. 1/4 cup flour
6. 1/2 cup milk^
-
7. 1 Tbs. olive oil*
8. 1-1/2 cups sliced leeks
9. 1 cup sliced carrots
10. 1/2 cup sliced celery
11. 1 Tbs. chopped fresh thyme or 1 tsp. dried
12. 1/2 cup dry white wine
13. 8 oz. sliced, fresh mushrooms
-
14. 4-1/2 cups milk^
15. 1/4 cup chopped parsley
16. 1 oz. softened cream cheese
17. 3 cups hot, cooked wild rice
18. 3 scallions, thinly sliced
19. 1/2 cup slivered almonds

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Preparations

1. Preheat the oven @ 350°F (180°C).
2. Heat the oil in a large oven-proof skillet over medium-high. Season the chicken with the salt & pepper and add to the skillet. Cook about 4 minutes per side and bake 10 to 12 minutes. Cool and chop. Mix the flour and milk together and set aside.
3. In the same skillet over medium-high, heat the oil and add items 7 through 13; cook 12 to 14 minutes. Stir in the flour/milk mixture and items 14 & 15. Cook 3 to 4 minutes and stir in the cheese. Cook until sauce thickens slightly, about 2 minutes. Add the chicken, rice and scallions and mix well.
4. Coat a large casserole dish with cooking spray and add the chicken mixture. Top with the almonds and bake for 30 minutes until brown and bubbling.

CHICKEN IN PINEAPPLE - SERVES 4 TO 6

Ingredients

1. 1/4 cup flour
2. 1 tsp. salt
3. 1/2 tsp. pepper
4. 1/4 tsp. thyme
5. 2 to 3 lbs. chicken breasts, legs or thighs.
•
6. 4 Tbs. unsalted butter
7. 1/2 Tbs. canola or vegetable oil
•
8. 1/2 lb. cooked ham, cut into bite-sized pieces
9. 1 cup (4 oz.) shredded, sharp Cheddar
10. 1 can (4 oz.) sliced mushrooms including the liquid
11. 1 can (14-1/2 oz.) pineapple pieces, saving 1/4 cup of the syrup

Preparations

1. Preheat the oven @ 350°F (180°C).
2. Mix items 1 through 4 and dredge the chicken with it.
3. In a large skillet, heat items 6 & 7 over medium-high and brown the seasoned chicken on all sides. Place the chicken in a casserole dish; add the ham; sprinkle the cheese over the top and add the remaining items. Bake, covered, 30 minutes; uncover and bake 10 minutes more.

TODAY'S COOKING

BAYOU CHICKEN CASSEROLE - SERVES 8

Ingredients

1. 2-1/2 cups chicken stock
2. 1 package (approx. 7 to 8 oz.) seasoned stuffing
-
3. 3 Tbs. bacon drippings
4. 3 garlic cloves, minced or pressed
5. 1 cup sliced carrots
-
6. 1/2 cup ea. sliced red and green bell peppers
7. 1/2 cup ea. chopped celery and onion
8. 1/2 lb. mushrooms, sliced
9. 1/4 tsp. hot sauce
10. 1 Tbs. Worcestershire sauce
11. 1/2 tsp. ea. dried basil and oregano
12. Salt & pepper to taste (approx. 1/2 tsp. ea. salt & pepper)
-
13. 3/4 cup chopped parsley
14. 2 eggs, beaten
15. 4 cups coarsely chopped, cooked chicken
16. 3/4 cup cracker crumbs
17. 1 tsp. paprika

Preparation

1. Preheat the oven @ 350°F (180°C).
2. Pour 2 cups of the stock into a large bowl and add the stuffing and mix well. Set aside.
3. In a large skillet over medium-high, heat the bacon drippings and add items 4 & 5. Cook 3 minutes and add items 6 through 12 and mix well.
4. Add the stuffing, the remaining stock and items 13 & 14. Mix well. Stir in the chicken and place in a large casserole dish. Top with the crumbs; sprinkle with paprika and bake 45 minutes.

TODAY'S COOKING

TURKEY & NOODLE CASSEROLE - SERVES 6

Ingredients

1. 3 cups uncooked wide egg noodles
2. 1/2 lb. ground turkey
3. 1 medium-sized onion, chopped
4. 1 can (15 oz.) tomato sauce
5. 1 tsp. Italian seasoning
6. 2/3 cup nonfat dry milk powder
7. 1/2 cup water
8. 4 oz. cream cheese, cubed
9. 1 Tbs. minced fresh parsley
10. 1 garlic clove, minced
11. 1-1/4 cups shredded part-skim mozzarella cheese

Preparations

1. Cook noodles according to package directions. Meanwhile, in a large skillet, cook turkey and onion over medium heat until turkey is no longer pink; drain. Stir in tomato sauce and Italian seasoning. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. In a saucepan, combine milk powder, water, cream cheese, parsley and garlic. Cook and stir over medium heat until cream cheese is melted. Preheat oven @ 375° F (190° C).
2. Drain noodles; add to cream cheese mixture. Transfer to an 8-in. square baking dish coated with nonstick cooking spray. Top with turkey mixture. Sprinkle with mozzarella cheese. Bake, uncovered, for 15 to 20 minutes or until cheese is melted.

CREAMY CHICKEN CASSEROLE - SERVES 8

Ingredients

1. 1 large onion, finely chopped
2. 2 celery ribs, finely chopped
3. 1 each medium green and red bell peppers, finely chopped
4. 1 Tbs. canola oil
- 5.
6. 1 garlic clove, minced or pressed

TODAY'S COOKING

7. 3 cups cubed cooked chicken
8. 1 can (10-3/4 oz.) each condensed cream of celery and cream of chicken soup, undiluted
9. 1 can (10 oz.) diced tomatoes with green chiles, undrained
10. 1 Tbs. chili powder
- 11.
12. 12 corn tortillas (6 inches), cut into 1-inch strips
13. 2 cups shredded cheddar cheese, divided

Preparations

1. In a large skillet coated with cooking spray, sauté the first 3 items in the oil until just tender. Stir in items 5 through 9.
2. Preheat the oven @ 350° F (180° C).
3. Line the bottom of a 3-qt. baking dish with half of the tortilla strips; top with half of the chicken mixture and 1 cup of cheese. Repeat layers. Bake, uncovered, for 30-35 minutes.

CHICKEN & VEGETABLE STROGANOFF - SERVES 4

Ingredients

1. 1-1/2 lbs. boneless, skinless chicken thighs
2. 1 can (10-1/2 oz.) condensed cream of celery, undiluted
3. 1/2 cup dry white wine or chicken broth
-
4. 1 large onion, thinly sliced
5. 2 ribs celery, cut on the bias into 1/2" pieces
6. 2 medium carrots, cut on the bias into 1/2" pieces
7. 2 garlic cloves, minced or pressed
8. 1/4 lb. sliced mushrooms
-
9. 1 cup sour cream
10. 1/2 cup half'n'half
11. 1/2 tsp. ea. dried basil and thyme
12. 1/3 tsp. salt
13. Pepper to taste
14. 1 Tbs. cornstarch
15. 1/2 cup chicken stock or water
-
16. Hot cooked egg noodles

TODAY'S COOKING

17. Chopped fresh parsley

Preparation

1. Place the first 3 items in a 5- or 6-qt. slow cooker. Cook, covered, on high until a thermometer inserted into chicken reads at least 165°, about 2 hours. Cut chicken into bite-sized pieces; return to slow cooker.
2. Add items 4 through 8. Cook, covered, on high until vegetables are tender, about 1-1/2 hours longer. Stir in items 9 through 13. If needed, mix together items 14 & 15 and stir in. Heat and serve on egg noodles. Sprinkle each serving with parsley.

CHICKEN PENNE CASSEROLE - SERVES 4

Ingredients

1. 1-1/2 cups uncooked penne pasta
2. 1 Tbs. canola oil
- 3.
4. 1 lb. boneless skinless chicken thighs, cut into 1" pieces
5. 1/2 cup ea. chopped onion, green bell pepper & red bell pepper
6. 1 tsp. ea. dried basil, oregano & parsley flakes
7. 1/2 tsp. ea. salt & crushed red pepper flakes
8. 3 garlic cloves, minced or pressed
- 9.
10. 1 can (14-1/2 oz.) diced tomatoes, undrained
11. 3 Tbs. tomato paste
12. 3/4 cup chicken broth
13. 2 cups shredded mozzarella
14. 1/2 cup grated Romano cheese

Preparation

1. Preheat oven @ 350° F (180° C).
2. In a large saucepan, heat the oil over medium. Add items 3 through 7 and sauté until the chicken is no longer pink.
3. In a blender, pulse items 8 & 9, covered, until blended. Add to chicken mixture. Stir in the broth and bring to a boil over medium-high heat. Reduce heat; cover and simmer until slightly thickened, 10 to 15 minutes.

TODAY'S COOKING

4. Cook the pasta al dente. Drain and mix into the chicken. Spoon half of the mixture into a greased 2 qt. baking dish. Sprinkle with half of the cheeses. Repeat layers. Cover and bake 30 minutes. Uncover and bake until heated through, 15 to 20 minutes longer.

CHICKEN CASSEROLE VERONICA - SERVES 4

Ingredients

1. 4 large chicken thighs
2. Salt & pepper
3. Flour
4. 2 Tbs. grape seed or canola oil
5. 1 Tbs. butter
- 6.
7. 1 small onion, finely chopped
8. 1/4 cup chicken stock
9. 1/3 cup dry white wine
- 1.
2. 1 can (4 oz.) sliced mushrooms, drained
3. 1 cup seedless grapes

Preparations

1. Season the chicken with the salt & pepper and lightly coat with flour.
2. In a large skillet, heat the oil, butter and brown the chicken. Remove to a casserole dish.
3. Preheat the oven @ 375° F (190° C).
4. Add the onion to the skillet and sauté about 5 minutes. Add the next 2 items and bring to a boil. Pour over the chicken and bake, covered, 40 minutes. Add the last 2 items to the casserole; cover and bake an additional 8 minutes.

TODAY'S COOKING

Seafood Casseroles

MEDITERRANEAN - SERVES 4

Ingredients

1. 1 lb. potatoes
2. 3 Tbs. extra-virgin olive oil
- 3.
4. 4 cans (4 oz. ea.) sardines, drained
5. 1/2 lb. cherry tomatoes, diced
6. 2 cloves garlic, minced or pressed
7. 1 Tbs. dried basil
8. 2 Tbs. bread crumbs

Preparations

1. Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain. Cover with cold water and allow to sit until cool, draining and replacing the cold water as needed. Peel and slice the potatoes thinly.
2. Preheat an oven @ 350°F (180°C).
3. Grease a casserole dish with the olive oil. Line the casserole dish with an even layer of potato slices; top with a layer of sardine fillets. Scatter the diced tomatoes over the sardines. Sprinkle the garlic, basil, and bread crumbs over the tomatoes.
4. Bake until heated through, about 20 minutes.

CRAB AND ASPARAGUS - SERVES 4 TO 6

Ingredients

1. 8 to 12 oz. Mezze Penne (2 oz. per serving)
-
2. 1 cup thick white sauce ([see Dressings_Sauces_Seasonings pg. 24 & 25](#))
3. 1 cup shredded, mild Cheddar cheese

TODAY'S COOKING

4. 1/8 tsp. each paprika & dry mustard
5. Dash of nutmeg
6. 1/2 cup dry white wine
-
7. 1 cup cooked asparagus, cut into 1/2" pieces
8. 3/4 lb. to 1 lb. crab meat
9. 1/2 cup sliced almonds, toasted
10. Salt & black pepper to taste

Preparations

1. Preheat the oven @ 325° F (170° C) and coat a 1 qt. casserole dish with cooking spray.
2. Cook the pasta al dente, about 9 minutes. Drain; rinse with cold water and set aside.
3. Heat item 2 to a simmer and add items 3, 4 & 5. When melted, stir in item 6.
4. Cover the bottom of the casserole dish with some of the cheese sauce. Add half of the pasta into the casserole dish. Add a layer of the asparagus and then a layer of crab. Cover with about half the remaining sauce and half the almonds. Repeat layers, seasoning each layer.
5. Place the casserole in a deep baking pan. Fill with hot water half way up the casserole dish. Bake 30 minutes, uncovered, until bubbling.

CREAMY SHRIMP WITH VEGETABLES - SERVES 4

Ingredients

1. 1 can (10-1/2 oz.) cream of celery soup
2. 1 garlic clove, minced or pressed
3. 1 Tbs. minced red onion
4. 1/8 cup or more of sliced green onions
5. 1/2 cup mushrooms, sliced
6. 1/4 cup each red and green bell pepper, diced
7. 1/2 cup fresh asparagus or green beans, cut into 1" pieces
8. 3/4 tsp. dried thyme
9. Salt & black pepper to taste
10. 1 lb. shrimp, peeled and deveined
-
11. Cooked rice or orzo

TODAY'S COOKING

Preparations

1. Preheat the oven @ 375° F (190° C) and coat a 2 qt. casserole dish with cooking spray.
2. Combine and mix well items 1 through 9. Stir in the shrimp and place into the casserole dish. Bake 30 minutes. Serve over the rice or pasta.

COMFORTING TUNA CASSEROLE - SERVES 2

Ingredients

1. 1-3/4 cups uncooked wide egg noodles
-
2. 5 tsp. butter*
3. 4 tsp. all-purpose flour
4. 1/4 tsp. salt
5. Dash pepper
6. 3/4 cup milk
-
7. 1 package (3 oz.) cream cheese, softened
8. 1 pouch (2-1/2 oz.) albacore white tuna in water
9. 2 Tbs. diced pimientos
10. 2 tsp. minced chives
11. 2 slices Muenster cheese (3/4 oz. each)
12. 1 tsp. butter*
13. 2 Tbs. soft bread crumbs

Preparation

1. Cook noodles according to package directions.
2. Meanwhile, in a small saucepan, melt 5 tsp. butter. Stir in the flour, salt and pepper until blended; gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Reduce heat; add the cream cheese, tuna, pimientos and chives. Cook and stir until cheese is melted.
3. Drain noodles. Spread 1/4 cup tuna mixture into a 3-cup baking dish coated with cooking spray. Layer with half of the noodles, 1/2 cup tuna mixture and one slice of cheese. Repeat layers.
4. In a small microwave-safe bowl, melt remaining butter; stir in bread crumbs. Sprinkle over top of casserole. Bake, uncovered, at 350°F (180°C) for 20-25 minutes or until bubbly.

TODAY'S COOKING

TUNA CASSEROLE - SERVES 6

Ingredients

1. 1 Tbs. butter*
2. 1 pkg. (8 oz.) medium egg noodles
-
3. 1 Tbs. butter*
4. 1/2 medium onion, chopped
5. 1 clove garlic, minced or pressed
6. 1 rib of celery, finely chopped
7. 8 oz. mushrooms, sliced
-
8. 4 Tbs. butter*
9. 1/4 cup flour
10. 2 cups milk
11. Salt & pepper to taste
-
12. 2 (6 oz. ea.) cans of tuna, drained and flaked
13. 1 cup frozen peas, thawed
14. 3 Tbs. dry bread crumbs
15. 2 Tbs. butter*, melted
16. 1 cup Cheddar cheese, shredded

Preparation

1. Preheat oven @ 375°F (190°C)). Butter a medium size baking dish.
2. Cook the noodles for 8 to 10 minutes. Drain.
3. As the noodles cook, melt the second tablespoon of butter and over medium-low heat sauté ingredients 4, 5 & 6 for 5 minutes. Add the mushrooms and over medium-high heat cook 5 minutes or until most of the liquid evaporates.
4. Melt the 4 Tbs. butter in a medium saucepan and whisk in the flour until smooth. Cook 2 minutes; whisk in the milk and cook, stirring another 5 minutes until the sauce is smooth and slightly thickened. Season with salt & pepper. Combine the sauce, noodles, tuna, peas and mushroom mixture. Place in the prepared baking dish.
5. Melt the last of the butter and mix with the crumbs. Sprinkle over the casserole and top with the cheese. Bake 25 minutes.

TODAY'S COOKING

TUNA & HERBS CASSEROLE - SERVES 6

Ingredients

1. 1 pkg. (8 oz.) medium egg noodles
-
2. 3 Tbs. butter
3. 1 medium onion, chopped
4. 2 green onions, sliced
5. 1 clove garlic, minced or pressed
-
6. 2 or 3 ribs of celery, sliced
7. 1/2 each red and green peppers, chopped
8. 1 large carrot, julienned
-
9. 2/3 cups milk
10. 1 can (10-3/4 oz.) condensed cream of celery soup
11. 1/8 tsp. each dill weed and celery seed
12. 2 Tbs. dry sherry
13. Salt & pepper to taste
14. 2 (6 oz. each) cans of tuna, drained and flaked
15. 1 cup frozen peas, thawed
16. 1 cup loosely packed chopped parsley
-
17. 1/2 cup fresh bread crumbs
18. 2 Tbs. butter, melted

Preparation

1. Preheat oven @ 350°F (180°C). Butter a medium size baking dish.
2. Cook the noodles al dente (4 to 5 minutes). Drain.
3. Melt the butter in a sauce pan over medium heat. Add items 3, 4 & 5; cover and cook 5 minutes. Add items 6, 7 & 8; cover and cook 6 minutes. Remove from heat and set aside.
4. In a large bowl combine items 9 through 13, mixing thoroughly. Add the tuna, breaking it into chunks as you mix it in. Mix in items 15 & 16 and the cooked vegetables.
5. Place half of the noodles in the baking dish and top with half of the tuna mixture. Add the remaining noodles and tuna mixture.
6. Combine the butter and crumbs and sprinkle on top. Bake, uncovered for 25 to 30 minutes.

TODAY'S COOKING

TUNA CASSEROLE - SERVES 4

Ingredients

1. 1/2 pkg. (8 oz.) medium egg noodles
-
2. 3 Tbs. butter
3. 1/2 small onion, chopped
4. 2 green onions, sliced
5. 1 clove garlic, minced or pressed
6. 1 rib of celery, sliced
7. 1/2 each red and green peppers, chopped
8. 1 small carrot, julienned
-
9. 4 oz. mushrooms, sliced
-
10. 1/3 cup milk
11. 1/2 can (10-3/4 oz.) condensed cream of celery soup (wrap & freeze the remaining soup)
12. 1/8 tsp. each dill weed and celery seed
13. 2 Tbs. dry sherry or Madeira
14. Salt & pepper to taste
15. 1 (6 oz.) can of tuna, drained and flaked
16. 1/2 cup frozen peas, thawed
17. 1/2 cup loosely packed chopped parsley
-
18. 1/4 cup dry bread crumbs
19. 2 Tbs. butter, melted
20. 1/2 cup Cheddar cheese, shredded

Preparation

1. Preheat oven @ 350°F (180°C). Butter a medium size baking dish.
2. Cook the noodles al dente (4 to 5 minutes). Drain.
3. Melt the butter in a sauce pan over medium heat. Add items 3 through 8; cover and cook 5 minutes. Add item 9; cover and cook 6 minutes. Remove from heat and set aside.
4. In a large bowl combine items 10 through 15, mixing thoroughly. Mix in items 16 & 17 and the cooked vegetables.
5. Place half of the noodles in the baking dish and top with half of the tuna mixture. Add the remaining noodles and tuna mixture.

TODAY'S COOKING

6. Combine the butter and crumbs and sprinkle on the casserole and top with the cheese. Bake, uncovered for 25 to 30 minutes.

TODAYS TUNA CASSEROLE - SERVES 6

Ingredients

1. 3 Tbs. butter, divided
2. 4 medium-sized carrots, chopped
3. 1 medium-sized onion, chopped
4. 1 medium-sized red bell pepper, chopped
5. 1 cup sliced baby portobello mushrooms
-
6. 2 cans (5oz. ea.) albacore white tuna in water, drained and flaked
7. 2 cups fresh baby spinach
8. 1 cup frozen peas
-
9. 3 cups uncooked spiral pasta
10. 1 Tbs. AP flour
11. 2/3 cup chicken stock
12. 1/3 cup half'n'half cream
-
13. 1/2 cup shredded Parmesan cheese
14. 3/4 tsp.salt
15. 1/2 tsp.pepper

Preparations

1. In a large skillet, melt 1 Tbs. butter over medium-high heat. Add items 2 through 5 and cook, stirring, until tender, 8-10 minutes. Add items 6, 7 & 8 and cook until spinach is just wilted, 2-3 minutes.
2. Cook pasta according to package directions for al dente. Drain, reserving 1 cup of the pasta water. In a large bowl, place pasta and tuna mixture; toss to combine.
3. Wipe skillet clean and melt remaining 2 Tbs. butter over medium heat. Stir in the flour until smooth; gradually whisk in the stock and cream. Bring to a boil, stirring constantly and cook until thickened, 1 to 2 minutes, adding reserved pasta water if needed. Stir in the last 3 items and pour over the pasta and mix well. Reheat if needed and serve.

TODAY'S COOKING

TUNA & BROCCOLI CASSEROLE - SERVES 8

Ingredients

1. 5 cups uncooked whole egg noodles
-
2. 1 tsp.butter
3. 1/4 cup chopped onion
-
4. 1/4 cup cornstarch
5. 2 cups milk
6. 1 tsp.dried basil
7. 1 tsp.dried thyme
8. 3/4 tsp. salt
9. 1/2 tsp. pepper
-
10. 1 cup chicken broth
11. 1 cup (4oz.) shredded Monterey Jack cheese, divided
12. 4 cups frozen broccoli florets, fresh or frozen & thawed
13. 3 cans (4oz. ea.) chunk white albacore tuna in water
-
14. 1/3 cup panko
15. 1 Tbs. butter, melted

Preparations

1. Preheat oven @ 350° F (180° C).
2. Cook noodles according to package directions; drain. Transfer to a 3 qt. or 13"x9" baking dish coated with cooking spray.
3. In a large nonstick skillet coated with cooking spray, heat butter over medium-high heat. Add onion; cook and stir until tender.
4. In a small bowl, whisk cornstarch, milk and seasonings until smooth;
5. gradually stir into the skillet. Stir in the broth. Bring to a boil; cook, stirring, 2 minutes or until thickened. Stir in 3/4 cup cheese until melted. Stir in broccoli and tuna.
6. Spoon tuna mixture over noodles, mixing well. Sprinkle with remaining Monterey Jack cheese.
7. Toss bread crumbs with melted butter; sprinkle over casserole. Bake, covered, 45 minutes. Uncover and bake another 15 to 20 minutes or until cheese is melted.

TODAY'S COOKING

Too much casserole? Make two from this recipe and freeze one. Press plastic wrap down onto the topping and then cover with foil. Use a felt-tip pen to date and identify the dish, then freeze. To use, thaw in the refrigerator overnight. Remove from the fridge 30 minutes prior to cooking. In a preheated oven @ 350° F (180° C), bake per the instructions above. When a thermometer inserted into the center reads 165° F (74° C), it's ready.

TUNA & ASPARAGUS CASSEROLE - SERVES 8

Ingredients

1. 2 cups uncooked pasta, such as mini penne, bowties or elbow macaroni
- 2.
3. 2 cans (10-1/2 oz. ea.) condensed cream of asparagus soup, undiluted
4. 2 cups sliced fresh mushrooms
5. 1 medium sweet red pepper, chopped
6. 1 small onion, chopped
7. 1/4 cup lemon juice
8. 1 Tbs. minced parsley - plus more for garnish
9. 1 tsp. smoked paprika - plus more for garnish
10. 1 tsp. garlic salt
11. 1/2 tsp. pepper
- 12.
13. 2 lbs. fresh asparagus, cut into 1" pieces
14. 2 cans or pouches light tuna in water
15. 1-1/2 cups shredded Colby cheese
16. 4 bacon strips, cooked and crumbled

Preparation

1. Cook the pasta al dente. Drain and transfer to a 4 or 5 qt. greased slow cooker. Stir in items 2 through 10. Cook, covered, on low 4 hours.
2. Stir in asparagus and tuna. Cook, covered, on low 50 minutes. Sprinkle on the cheese and bacon and cook another 10 minutes. Top with more parsley and paprika.

TODAY'S COOKING

WHITE FISH CASSEROLE - SERVES 4

Ingredients

1. 2 cups uncooked wide egg noodles
-
2. 3/4 cup shredded zucchini or yellow summer squash
3. 1 celery stalk with leaves, sliced
4. 1/4 cup chopped onion
5. 1/2 cup sour cream
6. 2 Tbs. mayonnaise
7. 1 tsp. Dijon mustard
8. 1/4 tsp. thyme
9. 1/8 tsp. black pepper and a dash of hot sauce
10. 12 oz. flounder or haddock fillets, cut into 1/2" pieces (or use 1 can (12 oz.) tuna)
-
11. 3/4 cup shredded mozzarella
-
12. 1 tomato, chopped
13. Chopped parsley

Preparation

1. Cook noodles according to package directions and drain well.
2. Preheat the oven @ 350°F (180°C)
3. In a large bowl, combine items 2 through 10. Add the noodles. Place half the mixture in a baking dish coated with cooking spray. Cover with half the cheese and repeat layers. Top with the tomatoes; cover and bake 30 to 35 minutes; uncover; sprinkle with parsley and bake 5 minutes more.

BAKED SOLE CASSEROLE - SERVES 4

Ingredients

1. 1/2 pkg. (8 oz. pkg) medium egg noodles
-
2. 1 Tbs. unsalted butter*
3. 1 small onion, chopped

TODAY'S COOKING

4. 1 rib celery, sliced thin
-
5. 2 Tbs. unsalted butter*
6. 2 Tbs. flour
7. 2 cups milk
-
8. 1 tsp. ea. Dijon mustard and Worcestershire sauce
9. 1/8 tsp. nutmeg
10. 1/2 tsp. salt
11. 1/8 tsp. black pepper and a dash of hot sauce or to taste
12. 1/2 Tbs. lemon juice
13. 1 cup shredded cheddar cheese, divided
-
14. 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
15. 1 lb. sole fillets
16. Chopped parsley
17. 1/4 cup slivered almonds, toasted

Preparation

1. Preheat oven @ 375°F (190°C).
2. Cook noodles according to package directions and drain well.
3. In a small saucepan over medium-low heat, melt the butter and sauté items 3 & 4 for 5 minutes.
4. In a large saucepan over medium-low heat, melt the remaining butter; stir in the flour until smooth. Slowly add the milk, stirring constantly. Bring to a boil and stir until thickened, about 2 minutes. Stir in the sautéed vegetables and items 8 through 12. Stir in half of the cheese and when melted, set aside half of the sauce, adding the noodles and the sautéed vegetables. Stir well and pour this mixture into a 13" x 9" baking dish coated with cooking spray.
5. Layer the spinach on the noodle mixture; then the fish and then the remaining cheese sauce; top with the remaining cheese and almonds. Bake, uncovered 25 to 30 minutes; sprinkle with parsley and bake 5 minutes more.

SEAFOOD CASSEROLE - SERVES 4

Ingredients

1. 1 can (15 oz.) salmon, drained - liquid reserved
2. 2 cans (6-1/2 oz.) minced clams or oysters, drained - liquid reserved
3. 1 garlic clove, minced or pressed

TODAY'S COOKING

4. 1 small onion, sliced
5. 1/4 cup diced red or green bell pepper
6. 1/2 cup diced celery
7. 3/4 cup uncooked rice
-
8. Reserved liquids plus enough milk to make 1-1/4 cups
9. 1/4 cup dry sherry
10. 1 can (10-1/2 oz.) condensed cream of mushroom soup
11. 1 Tbs. minced fresh basil or 1 tsp. dried basil
12. 2 Tbs. lemon juice
13. 1 Tbs. soy sauce
14. Salt & black pepper to taste
-
15. Slices Gruyère cheese
16. Thin tomato slices
17. 1/4 cup grated Parmesan cheese

Preparations

1. Preheat the oven @350° F (180° C).
2. Break up the salmon and clams and combine with items 3 through 7.
3. Combine items 8 through 14; mix well and stir into the salmon mixture. Pour into a lightly greased casserole dish. Top with the Gruyère and then the tomato. Dust with the Parmesan and bake for 1 hour.

DEVILED CRAB CASSEROLE - SERVES 2

Ingredients

1. 1 (6 oz.) can crabmeat - drained, flaked and cartilage removed
2. 1 cup dry bread crumbs, divided
3. 3/4 cup milk
4. 1/4 cup chopped green onions
5. 2 hard-cooked eggs, chopped
6. 1/2 tsp. salt
7. 1/4 tsp. Worcestershire sauce
8. 1/8 tsp. dry mustard

TODAY'S COOKING

9. 1/8 tsp. pepper
10. 6 Tbs. butter or margarine, melted, divided
11. Paprika

Preparation

1. In a bowl, combine crab, 3/4 cup of bread crumbs, milk, onions, eggs, salt, Worcestershire sauce, mustard and pepper. Add 4 tablespoons of butter; mix well. Spoon into a greased 1-qt. baking dish.
2. Combine remaining bread crumbs and butter; sprinkle over casserole. Sprinkle with paprika. Bake, uncovered, at 425°F (220°C) for 16-18 minutes or until golden brown and edges are bubbly.

DEVILED CRAB CASSEROLE #2 - SERVES 4

Ingredients

1. 1/2 cup each dry bread crumbs and panko, mixed & divided 1/4 cup and 3/4 cup
2. 1/2 cup chopped sweet onions
3. 1 clove garlic, minced
-
4. 1 stalk celery, sliced
5. 1 green bell pepper, chopped
-
6. 1 lb. crabmeat
7. 1 cup milk
8. 3 Tbs. mayonnaise
9. 1/4 cup chopped green onions
10. 1 Tbs. chopped pimento
11. 1 cup frozen peas, thawed
12. 3 hard-cooked eggs, chopped
13. 1/2 tsp. salt
14. 1 Tbs. Worcestershire sauce
15. 1 Tbs. dry sherry
16. 1 dash hot pepper sauce
17. 1/4 tsp. dry mustard
18. 1/8 tsp. pepper
19. 1 egg
-

TODAY'S COOKING

20. 6 Tbs. butter or margarine, melted
21. Paprika

Preparation

1. Sauté the onion and garlic for 3 minutes. Add items 4 & 5 and sauté 5 minutes.
2. In a bowl, combine 3/4 cup of bread crumbs, the sauté and items 6 through 19. Add 4 tablespoons of the butter; mix well. Spoon into a greased 1qt. baking dish. Preheat the oven @ 350°F (180°C).
3. Combine remaining bread crumbs and butter; sprinkle over casserole. Sprinkle with paprika. Bake, covered for 10 minutes; uncover and bake another 10 to 15 minutes.

CRAB & SHRIMP CASSEROLE - SERVES 4

Ingredients

1. 1 package (8.8 oz.) ready-to-serve long grain and wild rice
2. 1/8 cup butter, cubed
3. 1 celery rib, chopped
4. 1/2 medium onion, chopped
-
5. 1-1/2 Tbs. all-purpose flour
6. 3/4 cups half-and-half cream
-
7. 1/2 tsp. Old Bay ® seasoning
8. 1/3 tsp. salt
9. 1/4 tsp. hot pepper sauce
10. 1/8 tsp. pepper
-
11. 3/4 lbs. uncooked shrimp (31-40 per pound), peeled and deveined
12. 1 can (6 oz.) lump crabmeat, drained
13. 1 cup shredded Colby-Monterey Jack cheese

Preparation

1. Preheat oven @ 350° F (180° C). Spread rice into a greased 13x9-in. baking dish.
2. In a large skillet, heat butter over medium-high heat. Add celery and onion; cook and stir until tender, 6-8 minutes. Stir in flour until blended; gradually whisk in cream. Bring to a boil, stirring constantly; cook and stir until thickened, 1 to 2 minutes.

TODAY'S COOKING

3. Stir in items 7 through 10. Fold in shrimp and crab. Spoon over rice. Sprinkle with cheese. Bake, covered, until shrimp turn pink, 40-45 minutes. Let stand 5 minutes.

To Make Ahead: Can be made a day in advance. Prepare recipe as directed, cooling sauce slightly before adding shrimp and crab. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake as directed.

DOWN ON THE BAYOU CASSEROLE - SERVES 8

Ingredients

1. 1 package (8 oz.) cream cheese, cubed
2. 4 Tbs. butter, divided
-
3. 1 large onion, chopped
4. 2 celery ribs, chopped
5. 1 ea. small red and green bell pepper, chopped
6. 1 lb. medium shrimp, peeled and deveined
7. 2 cans (6 oz. ea.) crabmeat, drained and flaked
8. 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted
9. 3/4 cup cooked rice
10. 1 can (4-1/2 oz.) sliced mushrooms, drained
11. 1 tsp. garlic salt
12. 3/4 tsp. hot pepper sauce
13. 1/2 tsp. cayenne pepper
-
14. 3/4 cup shredded cheddar cheese
15. 1/2 cup crushed butter-flavored crackers (about 12 crackers)

Preparation

1. Preheat oven @ 350° F (180° C).
2. In a small saucepan, cook and stir cream cheese and 2 Tbs. butter over low heat until melted and smooth.
3. In a large oven-proof skillet, sauté items 3, 4 & 5 in remaining butter until tender. Stir in items 6 through 13 and the cream cheese mixture.
4. Combine cheddar cheese and cracker crumbs; sprinkle over top. Bake, uncovered, 25-30 minutes.

TODAY'S COOKING

SHRIMP & SPINACH CASSEROLE - SERVES 4

Ingredients

1. 1 lb. fresh spinach
2. 1/2 Tbs. olive oil
3. 1 or 2 large carrots, grated
4. 1 small onion, chopped
5. 1 large garlic clove, minced or pressed
6. 1/4 tsp dried thyme
7. 1 Tbs. dried parsley
8. Salt & pepper to taste
9. 1 can (3 oz.) sliced mushrooms, drained
-
10. 1 tsp. cornstarch
11. 1 tsp. dry sherry
12. 1/4 cup evaporated milk
13. 1/3 to 1/2 cup sour cream
14. 1 egg, beaten
15. 1 cup grated cheese (Manchego, Jarlsberg or Monterey Jack)
16. 1Tbs. ea. butter and olive oil
17. 1 lb. of small raw shrimp, shelled and deveined
18. 2 Tbs. sesame seeds
19. 2 Tbs. melted butter
20. Crispy chow mein noodles

Preparation

1. Blanch the spinach (about 40 to 60 seconds) and plunge into ice water. Drain; squeeze dry and chop.
2. Sauté items 2 through 7. Mix in items 8 & 9 and add the spinach.
3. Mix together items 10 & 11. Bring the milk to a boil; stir in the cornstarch mix and when thickened, remove from the heat and stir in the sour cream. Add to the spinach mixture. Stir in the egg and place into a greased casserole dish and top with the cheese.
4. In a skillet, heat the butter and oil over medium. Add the shrimp and cook until they start to turn pink. Remove from the heat and add to the casserole. Sprinkle with the seeds; drizzle on the butter and finish with the noodles.
5. Bake, uncovered, in a preheated oven @ 350°F (1800°C) for 30 minutes.

TODAY'S COOKING

Meat Casseroles

HEARTY MEAT & NOODLE CASSEROLE - SERVES 6

Ingredients

1. 1 lb. ground beef, pork or lamb
2. 2 garlic cloves, minced or pressed
3. 1 cup chopped onion
4. 1/2 tsp. salt & pepper
5. 1 can (8 oz.) tomato sauce
6. 1 can (10 oz.) diced tomato with chilies
-
7. 3 Tbs. cottage cheese
8. 1 pkg. (3 oz.) cream cheese
9. 1 cup sour cream
10. 6 green onions, sliced
-
11. 1 pkg. (8 oz.) wide egg noodles
-
12. 1/2 cup shredded Cheddar cheese

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a 2-1/2 qt. casserole dish with cooking spray.
2. Brown the meat and crumble with a fork. Drain; add items 2 through 6 and simmer.
3. Combine items 7 through 10.
4. Cook the noodles until just tender.
5. Place alternating layers of noodles, meat sauce and cheese mixture into the casserole. Top with the Cheddar and bake, uncovered for about 25 minutes.

TODAY'S COOKING

BEEF PIE - SERVES 6

Ingredients

1. 1 lb. ground ground beef
-
2. 2 tsp. olive oil
3. 3 cups chopped onion, about 2 medium onions
4. 1-1/2 cups diced carrots, about 3 medium carrots
5. 2 garlic cloves, minced or pressed
-
6. 1/2 lb. mushrooms, sliced
7. 2 tsp. chopped fresh thyme or 3/4 tsp. dried
-
8. 2 Tbs. flour
9. 1 cup beef, chicken or vegetable stock
10. 1/2 tsp. salt & pepper
11. 1 cup frozen peas
-
12. 1-1/2 lbs. small white or red potatoes, cut in half
13. 1 small head of cauliflower, cut into florets
14. 2/3 cup milk
15. 2 Tbs. butter

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a 2-1/2 qt. casserole dish with cooking spray.
2. In a large nonstick skillet cook the meat over medium heat, stirring occasionally, until brown, about 5 minutes. Transfer the meat to a bowl and drain the fat. Wipe out the skillet.
3. Heat the oil in the skillet over medium. Add items 3, 4 & 5 and cook, covered, about 8 minutes. Raise the heat to medium-high. Add items 6 and 7 and cook, uncovered, stirring occasionally, until the mushrooms are soft and their liquid has evaporated, about another 8 minutes. Return the meat to the pan. Add the flour and cook, stirring, for 2 minutes. Stir in items 9 & 10 and bring to a simmer scraping up any brown bits from the bottom of the pan. Stir in the peas. Pour into the casserole dish.
4. Steam the potatoes for 10 minutes. Add the cauliflower and steam about 15 minutes more. Mash the vegetables until smooth. Heat the milk & butter, and stir into the potato mixture. Season with

TODAY'S COOKING

salt & pepper to taste. Spread the potato mixture on top of the the casserole; sprinkle with paprika and bake about 25 minutes.

BROCCOLI, EGG AND SAUSAGE PIE - SERVES 6 TO 8

Ingredients

1. 1/2 lb. bulk pork sausage
-
2. 1 cup chopped broccoli
3. 1 Tbs. butter
4. 1 cup chopped onion
-
5. 2 cups shredded cheddar cheese
-
6. 1/4 tsp. salt & pepper
7. 3 eggs
8. 1-1/4 cups milk
9. 1/2 cup biscuit mix

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a 9" pie dish with cooking spray.
2. In a large skillet, cook the sausage until no longer pink. Drain and set aside.
3. Steam the broccoli for 2 minutes; plunge into ice water; drain and set aside.
4. Melt the butter in the skillet and cook the onion over medium-low heat until it starts to brown. Add the broccoli and cook 4 minutes. Remove from the heat.
5. Layer the sausage, cheese and broccoli on the dish. Combine the remaining items and pour over the top. Bake 25 to 30 minutes or until a toothpick inserted in the center comes out clean.

BEEF MOUSSAKA - SERVES 6

Ingredients

1. 2 Tbs. olive oil
2. 1 lb. Japanese eggplants

TODAY'S COOKING

3. 1 lb. gold potatoes, cut into 1/2" pieces
-
4. 1 medium onion, sliced
5. 2 garlic cloves, minced or pressed
-
6. 1 Tbs. olive oil
7. 1 small yellow onion, chopped
8. 1 Tbs. tomato paste
9. 1/2 tsp. dried oregano
10. 1/4 tsp. ea. ground cinnamon, powdered garlic, ground ginger
11. 1 lb. lean ground beef
-
12. 1/2 cup red wine
13. 2 Tbs. red wine vinegar
14. Sea salt and freshly ground black pepper to taste
15. 1/4 cup chopped parsley, plus more for garnish
-
16. 2 cups milk
17. 1/4 cup all-purpose flour
18. 1/8 tsp. nutmeg
19. Kosher salt
20. 1 cup grated Parmesan

Preparations

1. Preheat the oven @ 400° F (200° C).
2. In a large bowl, combine the first 3 items; mix well and spread on the baking sheet. Cook 30 minutes and add items 4 & 5; mix well and bake an additional 15 minutes. Set aside.
3. Heat the olive oil in a large nonstick skillet over medium. Add the onions and cook, stirring, until soft and beginning to brown, 5 to 7 minutes. Add items 8, 9 7 10; stir quickly to toast spices ; add 1/2 cup water and stir to combine, scraping up any brown bits. Add the beef to the pan, stirring to break it up and cook until lightly browned, 8 to 10 minutes. Add items 12 through 15. Cook until the meat is fully cooked and the juices are reduced slightly, about 5 minutes. Remove from the heat; stir in the parsley and set aside.
4. Make a Béchamel: Put the milk and flour in a small saucepan and whisk until the flour is dissolved. Place the pan over medium heat and whisk continuously until the mixture comes to a boil; continue to whisk until thick enough to coat the back of a spoon, 10 to 12 minutes. Add the nutmeg and 1/2 teaspoon salt. Remove from the heat and whisk in 3/4 cup of the Parmesan; set aside.

TODAY'S COOKING

5. Coat a 3-quart baking dish with cooking spray. Spread the eggplants and potatoes in the bottom of the dish, layer the meat sauce evenly over the vegetables, top with the béchamel and sprinkle with the remaining 1/4 cup of Parmesan. Bake, uncovered, until the top is browned and slightly puffed, 35 to 40 minutes. Garnish with parsley and serve hot.
- Make-Ahead Tip: Cover the unbaked casserole with plastic wrap and refrigerate overnight. Let set at room temperature for 30 minutes and bake as usual. A baked casserole can be frozen for up to 2 weeks, covered with foil. Let set at room temperature for 1 hour and reheat at @350° F (180° C) until hot, about 35 to 45 minutes.

GROUND BEEF CASSEROLE - SERVES 4

Ingredients

1. 1 lb. lean ground beef
2. 1 cup ea. chopped onions, green bell pepper and celery
3. 1/2 tsp. minced garlic
-
4. 2 cups cooked brown or white rice
5. 2 medium tomatoes, chopped
6. 2 tsp. lemon juice
7. 1/2 tsp. ea. salt
8. 1/2 tsp. hot sauce
9. 1/8 tsp. black pepper
-
10. 1/2 cup mayonnaise
11. 1 cup or more corn chips
12. Minced fresh parsley

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a large skillet, cook items 1 & 2 until the meat is browned. Add the garlic and cook 1 minute.
3. Drain the skillet and stir in items 4 through 9. Stir in the mayonnaise and place in a casserole dish coated with cooking spray. Crush the chips and sprinkle over the top.
4. Bake, uncovered, for 15 minutes. Garnish with the parsley.

TODAY'S COOKING

HAM AND EGG CASSEROLE - SERVES 4 TO 6

Ingredients

1. 4 Tbs. butter*
2. 4 Tbs. flour
3. 2 cups milk
4. 1/2 tsp. salt and pepper
-
5. 6 hard-cooked eggs, slice cross-wise
6. 1 cup cooked ham, cubed
7. 1 can (4 oz.) sliced mushrooms
-
8. 2 Tbs. butter*
9. 1 cup crushed cornflakes

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a small saucepan, melt the butter; stir in the flour and cook 2 to 3 minutes. Blend in the milk and cook, stirring, until thickened and smooth. Add the seasoning.
3. Coat a 2 qt. casserole dish with cooking spray and layer items 5, 6 & 7. Pour the sauce over.
4. Melt the remaining butter and mix in the cornflakes. Sprinkle them on top and bake about 25 minutes.

HAM AND CHEESE CASSEROLE - SERVES 8 TO 10

Ingredients

1. 16 slices day-old bread, trimmed and cubed
2. 1 lb. cooked ham, cubed
3. 2 cups shredded cheddar cheese
4. 1 cup shredded Swiss cheese
-
5. 6 cups milk
6. 1/2 tsp. ea. onion powder and dry mustard
7. 1/8 tsp. black pepper

TODAY'S COOKING

8. Pinch of cayenne pepper
9. 6 eggs, lightly beaten
-
10. 3 Tbs. butter, melted
11. 1-1/2 cups crushed cornflakes

Preparation

1. Preheat the oven @ 355°F (190°C).
2. Place half of the bread in a 13" x 9" pan coated with cooking spray. Layer with the ham, cheese and remaining bread.
3. In a large bowl, whisk together items 5 through 9 and pour over the top. Cover and refrigerate overnight.
4. Let the casserole sit out for 30 minutes prior to baking.
5. Mix the butter and the cornflakes. Sprinkle them on top and bake, uncovered about 40 to 45 minutes or until a toothpick inserted in the center comes out clean. Let rest 10 minutes before serving.

BEEF LASAGNA CASSEROLE - SERVES 12

Ingredients

1. 1 lb. ground beef
2. 1 large onion, chopped
3. 2 garlic cloves, minced or pressed
-
4. 2 cans (6 oz. ea.) tomato paste
5. 1 can (28 oz.) stewed tomatoes
6. 1 large bay leaf
7. 1/4 tsp. pepper
8. 1/2 tsp. dried oregano
9. 1 tsp. dried basil
10. 1 can (6 oz.) pitted, ripe olive, chopped
-
11. 9 lasagna noodles
12. 2 cups (8 oz.) shredded mozzarella
13. 1/2 cup grated Parmesan
14. Minced fresh parsley

TODAY'S COOKING

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a large skillet, combine items 1, 2 & 3 and cook, over medium heat until the meat has browned. Stir in items 4 through 9; reduce heat; cover and simmer 45 minutes. Discard the bay and add the olives.
3. Cook the noodles as per the package instructions. Drain.
4. Spread a quarter of the sauce in a 13" x 9" casserole dish coated with cooking spray. Lay 3 noodles over the sauce and top with a third of each cheese. Repeat the layers; finish with the last 3 noodles, the remaining sauce and cheese.
5. Bake 40 minutes; garnish with parsley and let stand 10 minutes before serving.

PORK FLORENTINE EGG CASSEROLE - SERVES 12

Ingredients

1. 1 lb. bulk pork sausage
- 2.
3. 2 Tbs. butter
4. 1 large onion, chopped
5. 1 cup sliced fresh mushrooms
6. 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 7.
8. 12 large eggs
9. 2 cups milk
10. 1 cup shredded Swiss cheese
11. 1 cup shredded sharp cheddar cheese
12. 1/4 tsp. paprika

Preparation

1. Preheat oven to 350° F (180° C).
2. In a large skillet, cook sausage over medium heat until no longer pink, 6 to 8 minutes, Crumble; drain and transfer to a greased baking dish.
3. In same skillet, heat butter over medium-high heat. Add items 2 & 3; cook and stirring for 3 to 5 minutes. Stir in the spinach and spoon the mixture over the sausage.

TODAY'S COOKING

BEEF & CABBAGE CASSEROLE - SERVES 6

Ingredients

1. 1 lb. ground beef or pork or a combo of the two.
2. 1 large onion, chopped
3. 2 garlic cloves, minced or pressed
-
4. 1 large bell pepper, chopped
5. 3 Tbs. tomato paste
6. 1 can (8 oz.) tomato sauce
7. 1 can (14.5 oz.) diced tomatoes with the liquid
8. 1/8 tsp. ea. salt & pepper
9. 1-1/2 tsp. dried oregano
10. 1 tsp. dried basil
11. Hot sauce to taste
-
12. 1 medium cabbage, coarsely shredded
-
13. 1 cup (4 oz.) shredded mozzarella
14. 1/4 cup grated Parmesan
15. Minced fresh parsley

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a large skillet, combine items 1, 2 & 3 and cook, over medium heat until the meat has browned. Stir in items 4 through 11; bring to a boil; reduce heat and simmer 10 minutes.
3. Use a steamer to cook the cabbage about 8 minutes and then drain. Place half the cabbage in a 13" x 9" casserole dish coated with cooking spray. Top with half the meat mix. Repeat the layers and finish with the cheeses sprinkled on top.
4. Bake 20 minutes; garnish with parsley and let stand a few minutes before serving.

TODAY'S COOKING

CAJUN BEEF & CABBAGE CASSEROLE - SERVES 8

Ingredients

1. 1 lb. ground beef
2. 1 medium-sized green bell pepper, chopped
3. 1 medium-sized onion, chopped
4. 2 garlic cloves, minced
- 5.
6. 1 can (10 oz.) diced tomatoes with green chiles
7. 1 can (8 oz.) tomato sauce
8. 1/2 cup uncooked long grain rice
9. 1 tsp. salt
10. 1/2 tsp. ea. dried basil & dried oregano
11. 1/4 to 1/2 tsp. ea. white, black and cayenne pepper
12. 4 to 6 drops hot pepper sauce
- 13.
14. 1 small head cabbage, chopped
15. 1 cup shredded Colby or cheddar cheese
16. Fresh basil, optional

Preparation

1. In a large skillet, cook items 1 through 4 over medium heat until the meat is no longer pink; drain. Stir in items 5 through 11 and bring to a boil.
2. Spread into an ungreased baking dish. Top with the cabbage and cheese. Cover and bake at 350° F (180° C) for 65 to 75 minutes or until the rice is tender. Garnish with basil.

FAMILY STYLE PASTA CASSEROLE - SERVES 6

Ingredients

1. 2 Tbs. olive oil
2. 1 lb. ground meat
3. 3 garlic cloves
4. 1/2 tsp. salt and pepper
-

TODAY'S COOKING

5. 1/2 cup half'n'half
6. 3/4 cup spaghetti sauce
7. 3/4 cup gravy
8. Salt and pepper to taste
9. 1/4 cup grated Parmesan or Romano cheese
-
10. 3/4 lb. penne pasta
11. 1 cup shredded mozzarella or Swiss cheese

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a saucepan, heat the oil and cook the next 2 items for about 5 minutes. Drain off fat and add items 5 through 9.
3. Cook the pasta until just tender. Drain and mix with the sauce. Place in a lightly greased baking dish and top with the cheese. Bake 25 minutes.

ZUCCHINI PIZZA CASSEROLE - SERVES 8

Ingredients

1. 4 cups shredded unpeeled zucchini
2. 1/2 tsp. salt
3. 2 large eggs
4. 1/2 cup grated Parmesan cheese
5. 1 cups shredded mozzarella cheese*
6. 1/2 cup shredded cheddar cheese,#
-
7. 1 lb. ground beef
8. 1/2 cup chopped onion
9. 1/2 ea. medium green and red bell pepper, chopped
-
10. 1 can (15 oz.) Italian tomato sauce
11. 1 cup shredded mozzarella cheese*
12. 1/2 cup shredded cheddar cheese#

Preparations

1. Preheat oven @ 400° F (200° C).

TODAY'S COOKING

2. Place zucchini in colander; sprinkle with salt and let stand 10 minutes. Squeeze out the moisture. Combine the zucchini with items 3 through 6. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.
In a large saucepan, cook items 7, 8 & 9 over medium heat until meat is no longer pink; drain. Add the tomato sauce; heat and pour over the zucchini mixture. Sprinkle with the remaining cheeses. Bake until heated through, about 20 minutes.

To freeze: Cool the baked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350° F (180° C). Unwrap casserole; reheat on a lower oven rack until heated through and a thermometer inserted in center reads 165° F (73.9° C).

CABBAGE ROLL CASSEROLE - SERVES 6

Ingredients

1. 1 lb. ground beef
2. 1 medium onion, chopped
3. 2 garlic cloves, minced
4. 1 can (15 oz.) tomato sauce, divided
5. 1/2 tsp. dried thyme
6. 1/4 tsp. ea. dill weed & rubbed sage
7. 1/8 tsp. ea. salt, pepper and cayenne pepper
8. 1 cup cooked rice
9. 2 bacon strips, cooked and crumbled
10. 1 small head cabbage (1 lb.), shredded
11. 1/2 cup shredded mozzarella cheese
12. Coarsely ground pepper to taste

Preparations

1. Preheat oven @ 375° F (190° C).
2. In a large skillet, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in 1 can tomato sauce and next 6 ingredients. Bring to a boil. Reduce heat; simmer, covered, 5 minutes. Stir in rice and bacon; remove from heat.
3. Layer a third of the cabbage in a greased baking dish. Top with half the meat mixture. Repeat layers; top with remaining cabbage. Pour remaining tomato sauce on top.

TODAY'S COOKING

Cover and bake 45 minutes. Uncover; sprinkle with cheese and bake until the cheese is melted, about 10 minutes. Let stand 5 minutes before serving. Sprinkle with coarsely ground pepper. Serve with a cruet of red wine or cider vinegar.

SWEET & SOUR SUPPER CASSEROLE - SERVES 6

Ingredients

1. 1 lb. ground beef (lamb, turkey/chicken or pork)
2. 1-1/2 tsp. ea. chili powder, dried oregano & salt
3. Pepper to taste
-
4. 3 cups cooked long grain rice
5. 1 can (7 oz.) mushroom stems and pieces, drained
6. 1 medium green pepper, sliced

Sauce Ingredients

1. 1 cup plus 2 Tbs. sugar
2. 1/3 cup cornstarch
3. 2-1/2 cups cold water
4. 1/3 cup ea. white vinegar & ketchup
5. 1-1/2 tsp. salt
6. Pepper to taste

Preparations

1. Preheat oven @ 350° F (180° C).
2. In a large skillet, cook the beef over medium heat until meat is no longer pink; crumble and drain. Stir in items 2 & 3.
3. In a greased 3-qt. baking dish, layer the rice, beef mixture, mushrooms and green pepper and set aside.
4. In a large saucepan, combine sugar and cornstarch; stir in the remaining sauce ingredients until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour sauce over layered ingredients. Bake, uncovered, for 30 minutes or until heated through.

TODAY'S COOKING

Vegetable Casseroles

BROCCOLI CASSEROLE - SERVES 6

Ingredients

1. 2 lbs. fresh broccoli, separated into florets.
-
2. 4 Tbs. butter
3. 1/4 cup flour
4. 1 cup half'n'half
5. 3/4 cup beef or chicken stock
6. 2 Tbs. dry sherry
7. 2 Tbs. lemon juice
8. Salt & pepper to taste
9. 1/8 cup grated Parmesan
10. 1/3 cup shredded cheddar
11. 1/4 cup toasted, slivered almonds

Preparation

1. Preheat oven @ 375°F (190°C). Coat a 2 qt. baking dish with cooking spray.
2. Cook the broccoli in a small amount of salted water until almost tender. Drain and place in ice water.
3. Melt the butter and stir in the flour. Cook 2 minutes and blend in items 4 & 5. Cook, stirring until thickened and smooth. Stir in items 6, 7 & 8.
4. Drain the broccoli well and place into the baking dish. Pour on the sauce; sprinkle with the cheeses and top with the almonds. Bake, uncovered for 20 minutes.

TODAY'S COOKING

BAKED PARMESAN BROCCOLI - SERVES 12

Ingredients

1. 1/2 cup seasoned bread crumbs
2. 2 Tbs. butter*
-
3. 4 bunches broccoli, cut into florets
-
4. 4 Tbs. butter*
5. 1 small onion, finely chopped
6. 1 garlic clove, minced
7. 1/4 cup AP flour
8. 2 cups milk
9. 1 large egg yolk, beaten
10. 1 cup grated Parmesan cheese
11. 1/2 tsp. salt
12. 1/8 tsp. pepper

Preparation

1. Preheat oven to 400° F (200° C).
2. In a small skillet, cook the bread crumbs in butter until golden brown. Set aside.
3. Cook the broccoli in batches using a steamer basket. Steam 3 to 4 minutes per batch. Place steamed broccoli in a greased baking dish.
4. In a small saucepan over medium heat, melt 4 Tbs. butter. Add the onion and cook, stirring, about 5 minutes. Add the garlic and cook 1 minute. Stir in the flour until blended and gradually add the milk. Bring to a boil and cook, stirring 2 minutes until thickened. Stir a small amount of the hot mixture into the egg yolk; return all to the pan, stirring constantly. Cook and stir 1 minute longer. Remove from heat; stir in the cheese, salt and pepper. Pour over broccoli.
5. Sprinkle the bread crumbs over the top and bake, uncovered, 15 to 18 minutes until heated through.

TODAY'S COOKING

MUSHROOM GRATIN - SERVES 8

Ingredients

1. 4 Tbs. butter, divided
2. 2 garlic cloves, minced or pressed
3. 1 small onion, minced
4. 8 oz. sliced mushrooms
-
5. 4 cups cooked pasta, such as bowtie
-
6. 2 Tbs. flour
7. 1 cup milk or half'n'half
8. 1/2 tsp. ea. dry mustard, salt & pepper or to taste
-
9. 1/2 cup fresh bread crumbs
10. 1 Tbs. olive oil

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a shallow casserole dish with cooking spray.
2. Melt 2 Tbs. of the butter in a large skillet and sauté items 2 & 3 for 2 minutes. Add item 4 and cook until the mushrooms give up their moisture. Stir in the pasta.
3. Over low heat, melt remaining butter in a saucepan and blend in the flour, cooking 2 minutes. Slowly stir in the milk; bring to a boil, stirring; reduce to a simmer. Add item 8 and cook about 6 minutes or until thickened. Stir the sauce into the mushrooms and pour into the casserole dish.
4. Mix the last 2 items together and sprinkle over the casserole. Cover and bake 15 minutes. Uncover and bake another 10 minutes.

BAKED MEDITERRANEAN VEGETABLES - SERVES 4 TO 6

Ingredients

1. 1 ea. medium zucchini and yellow squash, sliced
2. 1 small Japanese eggplant (peeled or unpeeled), sliced
3. 1 medium red onion, thinly sliced

TODAY'S COOKING

4. 1 large portobello mushroom, sliced
-
5. 2 to 3 Tbs. olive oil
6. 2 garlic cloves, minced or pressed
7. 2 tsp. chopped fresh rosemary or 1 tsp. dried
-
8. 2/3 cup dry white wine
9. 1/2 tsp. each salt & pepper or to taste

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a shallow casserole dish with cooking spray.
2. Place the each sliced vegetable into the casserole in separate rows, overlapping the slices.
3. Combine items 5, 6 & 7 and drizzle over the vegetables. Add the wine and seasonings.
4. Cover the casserole and bake 20 minutes. Uncover and bake another 10 to 15 minutes.

MEXICAN SPAGHETTI SQUASH - SERVES 4

Ingredients

1. 1 medium to large spaghetti squash, halved and seeds removed
-
2. 1 Tbs. butter
3. 1 small onion, diced
4. 2 garlic cloves, minced or pressed
-
5. 2 cans (10 oz. ea.) diced tomatoes with mild chilies
6. 1 can (14 oz.) black beans, rinsed and drained
7. 1/2 cup shredded Monterey Jack cheese*
8. 1 tsp. cumin
9. 1/4 cup chopped fresh parsley
10. 1/4 tsp. each salt & pepper or to taste
-
11. 1/4 cup shredded Monterey Jack cheese*
12. Paprika

TODAY'S COOKING

Preparations

1. Preheat the oven @ 350° F (180° C) and coat a baking sheet and a casserole dish with cooking spray.
2. Place the squash, cut side down, on the baking sheet and bake 45 minutes. Use a fork to shred the squash into a large bowl.
3. Sauté the onion and garlic in the butter about 5 minutes and add to the squash. Also add items 5 through 10 and mix well. Pour into the casserole dish; top with the remaining cheese and sprinkle with paprika. Bake 30 to 35 minutes.

ASPARAGUS STRATA - SERVES 6

Ingredients

1. 1 lb. asparagus, cut into 1/2" pieces
-
2. 2 cups milk
3. 6 slices of whole wheat or white bread, crusts removed and cut into 1/2" pieces
4. 6 eggs, slightly beaten
5. 1 cup shredded cheddar
6. 1 tsp. salt
7. 1/2 tsp. pepper

Preparation

1. Preheat oven @ 350°F (180°C). Coat a 2 qt. baking dish with cooking spray.
2. In a large skillet, boil enough water to cover and add the asparagus. Cook 3 minutes; drain and plunge into ice water. When cool, drain and dry.
3. Whisk together the remaining items; mix in the asparagus and pour into the baking dish. Cover and refrigerate overnight.
4. Let the dish sit at room temperature for a half hour and then bake, uncovered for 45 to 55 minutes. Let set 10 minutes before serving.

TODAY'S COOKING

ASPARAGUS CASSEROLE - SERVES 4

Ingredients

1. 1 lb. asparagus, trimmed
-
2. 3 eggs, well beaten
3. 1 cup milk
4. 1 tsp. salt
5. 1/4 tsp. pepper
6. 3/4 cup cracker crumbs
7. Pimiento, cut into small pieces
8. 1 can (4 oz.) of sliced mushrooms, drained (optional)
9. 1 cup of cheese (1/3 cup ea. cheddar, muenster & mozzarella cut in 1/4" cubes)
10. 3 Tbs. butter, melted

Preparation

1. Preheat oven @ 350°F (180°C). Coat a 1-1/2 qt. baking dish with cooking spray.
2. In a large skillet, boil enough water to cover and add the asparagus. Cook until done, but still firm, about 6 minutes.
3. Combine items 2 through 9 and pour into the dish. Top with the butter and bake, uncovered until set, about 30 minutes.

FETA AND SPINACH CASSEROLE - SERVES 4

Ingredients

1. 1 medium red bell pepper
-
2. 2 pkgs. (10 oz. ea.) fresh spinach, stems removed
-
3. 6 eggs
4. 1/2 cup feta cheese, crumbled
5. 1/2 cup chopped onion
6. 2 Tbs. chopped parsley
7. fresh

TODAY'S COOKING

8. 1/4 tsp. dried dill
9. Black pepper to taste

Preparation

1. Preheat broiler. Line baking sheet with foil and char all sides of the pepper, 15 to 20 minutes, turning every 5 minutes. Place in a paper bag; close and set aside to cool, 15 to 20 minutes. Core; cut the pepper in half and rub off the skin under cold running water. Cut into 1/2" pieces.
2. Rinse the spinach; shake off excess water and place into a large saucepan with a little water. Bring to a boil over high heat. Reduce heat and cook until just wilted. Drain and immediately plunge into a bowl of cold water. Drain spinach; squeeze out excess water and finely chop.
3. Preheat oven @ 400°F (200°C). Spray 1 qt. casserole dish with cooking spray.
4. Beat the eggs in large bowl with an electric mixer at medium speed until foamy. Stir all the ingredients and pour into the casserole dish.
5. Bake 20 minutes or until set. Let stand 5 minutes and serve.

SPINACH & CHEESE - SERVES 8

Ingredients

1. 2 medium onions, chopped
2. 2 garlic cloves, minced or pressed
3. 1/4 cup canola or vegetable oil
4. 2 pkgs. (10 oz. ea.) frozen, chopped spinach, thawed and drained
-
5. 6 eggs, beaten until foamy
6. 1 tsp. salt
7. 1/2 tsp. pepper
8. 2 cups shredded jack cheese
9. 1 cup shredded cheddar cheese
10. 1/2 cup cottage cheese

Preparation

1. Preheat oven @ 400°F (200°C). Coat a 2 qt. casserole dish with cooking spray.
2. Cook the first 2 items in the oil over medium-low heat until soft. Add the spinach.
3. To the eggs, add items 6 through 10; blend in the spinach mixture and pour into the casserole dish. Bake, uncovered, 40 minutes, stirring every 8 to 10 minutes.

TODAY'S COOKING

VEGETABLE STRATA - SERVES 8 TO 10

Ingredients

1. 1 Tbs. olive oil*
2. 1 large red onion, sliced
3. 1 ea. medium green, red & yellow bell pepper, julienned
4. 2 large garlic cloves, minced or pressed
-
5. 2 Tbs. olive oil*
6. 1/2 lb. mushrooms, sliced
7. 2 ea. medium zucchini and yellow squash, thinly sliced
-
8. 1 pkg. (8 oz.) cream cheese
9. 1/4 cup whipping cream
10. 8 slices of whole wheat or white bread, crusts removed and cut into 1/2" pieces, divided
11. 6 eggs, slightly beaten
12. 2 cups shredded Swiss cheese
13. 2 tsp. salt
14. 1 tsp. pepper

Preparation

1. Preheat oven @ 325°F (170°C). Coat a 10" springform pan with cooking spray and place on a baking sheet.
2. Add the oil to a large skillet and sauté items 2, 3 & 4. Set aside.
3. Add the remaining oil to the skillet and sauté items 6 & 7. Drain and dry.
4. In a large bowl, beat together items 8 & 9 until smooth. Beat in the eggs; add the remaining items and all the vegetables. Stir in half the bread and place the remaining bread into the springform pan. Pour the mixture over the bread and bake, uncovered 60 to 70 minutes. Let stand 10 minutes; run a knife around the inside of the pan; remove the side and cut into wedges.

TODAY'S COOKING

MEDITERRANEAN VEGETABLE CASSEROLE - SERVES 4

Ingredients

1. Olive oil
2. 1 medium eggplant, peeled & sliced
3. 2 medium zucchini, sliced
4. 2 medium tomatoes, chopped
5. 1 medium onion, chopped
6. 2 garlic cloves, minced or pressed
-
7. 1/4 tsp. dried oregano
8. 1/2 jar marinara sauce
9. Salt & pepper to taste
-
10. Cooked Italian sausages, sweet or spicy
11. 1 cup shredded mozzarella cheese
12. Slice provolone cheese

Preparation

1. Preheat oven @ 350°F (180°C). Coat a casserole dish with the oil
2. Create a layer of items 2 through 6 and season with items 7, 8 & 9. Repeat.
3. Bake 1 hour. Top with the last 3 items and bake until cheeses are melted.

VEGETABLE MEDLEY - SERVES 4

Ingredients

1. 2 Tbs. butter
2. 1 medium zucchini, coarsely chopped
3. 1 green bell pepper, chopped
4. 1 small onion, chopped
5. 1 garlic clove, minced or pressed
-
6. 1-1/2 cups milk
7. 1 pkg. (oz.) dry leek soup mix

TODAY'S COOKING

8. 1 Tbs. Worcestershire sauce
9. 1/2 tsp. dry mustard
10. 2 eggs, beaten
11. 1/4 tsp. ea. salt & pepper
-
12. Al dente cooked green beans
13. 10 oz. cooked fresh, canned or frozen corn
-
14. 1 pie crust, pre-baked
15. Grated cheddar or Swiss cheese
16. Corn flake crumbs and crushed fried onions, mixed
17. Paprika

Preparation

1. Preheat oven @ 350°F (180°C).
2. Sauté items 2 through 5 for 5 minutes.
3. Combine items 6 through 11; add items 12 & 13 plus the sauté. Mix and pour into the prepared pie crust. Add the cheese and top with the crumb mixture. Sprinkle with paprika and bake 25 to 30 minutes.

SPANAKOPITA CASSEROLE - SERVES - 6

Ingredients

1. 2 cups cottage cheese
2. 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
3. 8 oz. crumbled feta cheese
4. 6 Tbs. all-purpose flour
5. 1/2 tsp. pepper
6. 1/4 tsp. salt
7. 4 large eggs, lightly beaten

Preparation

1. Preheat oven to 350° F (180° C). In a large bowl, combine the first 3 items. Stir in the remaining items and mix well.
2. Spoon into a greased 9-in. square baking dish. Bake, uncovered, until a thermometer reads 160° F (71.1° C), about 1 hour.

TODAY'S COOKING

NOODLES & CHEESE CASSEROLE - SERVES 10 TO 12

Ingredients

1. 1 cup finely chopped onion
2. 1/4 cup butter, cubed
-
3. 2 cups cottage cheese, drained
4. 1 large egg
5. 1/4 tsp. onion salt
-
6. 2 cups mashed potatoes (add some milk and butter so they're not too stiff)
7. 1 cup shredded cheddar cheese, divided in half
8. 1/4 tsp. salt or to taste
9. 1/8 tsp. pepper or to taste
-
10. 9 lasagna noodles, cooked and drained

Preparation

1. In a skillet, sauté onion in butter until tender; set aside.
2. In a bowl, combine items 3, 4 & 5. In a separate bowl, combine items 6 through 9.
3. Preheat oven @ 350° F (180° C).
4. Place 3 noodles in a greased baking dish. Top with cottage cheese mixture and 3 more noodles. Add the potato mixture, remaining noodles and sautéed onion. Top with the remaining cheese. Cover and bake 25-30 minutes. Let stand 10 minutes before serving.

MUSHROOM LASAGNA - SERVES 12

Ingredients

1. 6 Tbs. butter, divided
2. 3-1/2 lbs. sliced baby portobellos
3. 1 large onion, thinly sliced
-
4. 1 cup Marsala wine
5. 8 garlic cloves, minced or pressed, divided
6. 2 Tbsp. dried minced onion

TODAY'S COOKING

-
- 7. 12 uncooked lasagna noodles
-
- 8. 5 Tbs. AP flour
- 9. 1 tsp. onion powder
- 10. 1/2 tsp. white pepper
- 11. 1/2 tsp. nutmeg
- 12. 1/4 tsp. cayenne
-
- 13. 3 cups whole milk
-
- 14. 1 pkg. (8 oz.) cream cheese, softened
- 15. 1/2 cup chives, minced
- 16. 1 jar (2 oz.) diced pimentos, drained
- 17. 1 Tbs. lemon juice
- 18. 1/2 tsp. lemon zest
- 19. 1/2 tsp. salt
-
- 20. 2 cups grated Parmesan
- 21. 6 oz. crabmeat (optional)

Preparations

1. In a Dutch oven, melt 2 Tbs. butter over medium heat. Add items 2 and 3 and sauté until tender. Add the next 3 items (half the garlic) and bring to a boil. Reduce heat and cook about 30 minutes or until the liquid is absorbed. Set aside.
2. Preheat the oven @ 350° F (180° C). Cook the noodles as per package directions.
3. In a large saucepan over medium heat, melt the remaining butter. Stir in the next 5 items and the remaining garlic. Slowly stir in the milk and bring to a boil. Stir until thickened, 1 or 2 minutes and blend in items 14 through 19. Remove from the heat. Drain the noodles.
4. Spread 1 cup of the sauce over the bottom of a greased 13"x 9" casserole dish. Lay in 3 noodles; cover with 1/3 cup of the sauce; 1/3 of the mushroom mixture and 2/3 cup of the Parmesan. Repeat layers, adding the crab, if using, between the mushroom mixture and the cheese.
5. Add 3 noodles, 1 cup of sauce, the remaining mushroom mixture and cheese. Top with the remaining noodles and sauce. Sprinkle on the topping and bake, covered, 50 minutes. Uncover and bake an additional 5 to 10 minutes. Remove from the oven and let sit 10 minutes before serving.

Topping

1. 1 small French baguette (about 4 oz.)

TODAY'S COOKING

2. 1/2 cup grated Parmesan
3. 2 Tbs. butter, melted
4. 1/2 cup minced chives

Breakup the bread and place into a food processor. Add the next 2 items and pulse until fine. Combine with the chives and sprinkle on top of the lasagna.

CORN & TOMATO W/ BASIL CASSEROLE - SERVES 10

Ingredients

1. 2 tsp. olive oil
2. 1 medium onion, chopped
3. 2 eggs
4. 1 can (10-3/4oz.) condensed cream of celery soup, undiluted
5. 4 cups fresh or frozen corn
6. 1 small zucchini, chopped
7. 1 tomato, seeded and chopped
8. 3/4 cup soft whole wheat bread crumbs
9. 1/3 cup minced fresh basil, plus additional for topping
10. 1/2 tsp. salt
11. 1/2 cup shredded part-skim mozzarella cheese

Preparations

1. Preheat the oven @ 350° F (180° C).
2. In a small skillet, heat oil over medium heat. Add onion; cook and stir until tender.
3. In a large bowl, whisk eggs and condensed soup until blended. Stir in vegetables, bread crumbs, 1/3 cup basil, salt and onion. Transfer mixture to an 11"x 7" baking dish coated with cooking spray.
4. Bake vegetables, uncovered, 40 to 45 minutes or until bubbly. Top with cheese. Bakes 10minutes longer or until cheese is melted. Let stand 10 minutes before serving. If desired, sprinkle with additional fresh basil.

TODAY'S COOKING

Side Dish Casseroles

NOODLES ROMANOFF CASSEROLE - SERVES 8

Ingredients

1. 1 cup ea. cottage cheese & sour cream
2. 1 garlic clove, minced or pressed
3. 1 tsp. Worcestershire sauce
4. 1/4 cup minced onion
5. Hot sauce to taste
6. Salt & pepper to taste
-
7. 1 pkg. (8 oz.) egg noodles
-
8. 1/4 cup grated Parmesan

Preparations

1. In a large bowl, combine items 1 through 7.
2. Cook noodles until just tender. Drain and stir into the bowl ingredients.
3. Pour into a greased casserole dish. Top with the cheese and bake, uncovered, @350° F (180° C) for 25 to 30 minutes.

OYSTER DRESSING - SERVES 8

Ingredients

1. 4 boxes (5-1/2 oz. ea.) Caesar flavored croutons
2. 2 garlic cloves, minced or pressed
3. 1 cup chopped onion
4. 1 Tbs. chopped fresh dill
-

TODAY'S COOKING

5. 2 Tbs. butter, melted
6. 1 pkg. (10 oz.) frozen spinach, thawed and squeezed
7. 1/4 cup chopped parsley
8. 2 eggs, lightly beaten
-
9. 3 cups chicken stock
10. 1 container (8 oz.) shucked oysters with liquid
11. 2 large bay leaves
12. Ground black pepper to taste

Preparations

1. Preheat the oven @ 375° F (190° C) and coat a 13"x 9" baking dish with cooking spray.
2. Combine items 1 through 4 and toss. Add items 5 through 8 and lightly mix. Add the stock and oysters with liquid, the bay and pepper. Mix gently and place in the dish. bake 40 to 45 minutes; remove the bay leaves and serve.

OYSTER DRESSING - MAKES 10 CUPS

Ingredients

1. 1 cup butter
2. 1 cup minced onion
3. 3/4 cup finely chopped celery including leaves
-
4. 1 pint small, shucked oysters, drained and chopped
5. 1 Tbs. poultry seasoning
6. 1-1/2 tsp. salt
7. 1/2 tsp. pepper
8. 1/4 cup chopped parsley
-
9. 2 eggs, lightly beaten
10. 10 to 12 cups soft to slightly stale bread crumbs

Preparations

1. Over medium heat, melt the butter and sauté items 2 & 3 for 5 minutes. Add items 4 through 8 and cook another 5 minutes. Preheat the oven @350° F (180° C).

TODAY'S COOKING

2. In a large bowl, combine items 9 & 10; toss and mix in the oysters. Cook in the turkey or in a greased baking dish for 15 to 20 minutes.

SWEET POTATO & APPLE CASSEROLE - SERVES 6

Ingredients

1. 3 medium sized sweet potatoes
2. 3 medium sized apples
-
3. 1/4 tsp. salt
4. 1/4 cup sugar
5. 1/2 tsp. nutmeg
6. 1 Tbs. orange zest
-
7. 1/4 cup orange juice

Preparations

1. Prick the potatoes with a fork and microwave on high for 8 minutes. Peel off the skins and cut into 1/2" slices.
2. Peel and core the apples and cut into 1/2" slices. Alternate the apple and potato slices in a deep casserole dish.
3. Combine items 3 through 6 and sprinkle onto each layer of the casserole. Add the juice; cover and microwave on high for 6 minutes. Check for doneness and microwave a little more if needed.

TASTES LIKE LASAGNA - SERVES 6

Ingredients

1. 1 lb. ground beef, pork or a combination of both
2. 1/2 cup chopped onion
3. 1 garlic clove, minced or pressed
-
4. 2 cups pasta sauce
5. Salt & pepper to taste

TODAY'S COOKING

-
- 6. 6 oz. spiral noodles, cooked and drained
- 7. 1 cup small curd cottage cheese
- 8. 2 cups shredded mozzarella
- 9. 1/4 cup Parmesan cheese
- 10. Fresh basil, minced

Preparations

1. Preheat oven @ 350°F (180°C).
2. Combine the first 3 items and cook until the meat is no longer pink. Stir in the sauce and season with salt and pepper. Set aside 1 cup of the meat sauce. Stir the noodles into the remaining sauce.
3. Place half the noodle/sauce mixture into a greased casserole dish. Top with the cottage cheese and 1 cup of the mozzarella. Add the remaining noodle mixture, the reserved meat sauce and remaining mozzarella. Sprinkle with the Parmesan; cover and bake 20 to 25 minutes. Rest 5 minutes; sprinkle on the basil and serve.

CREAMY LASAGNA BAKE - SERVES 4 TO 6

Ingredients

1. 1 lb. ground beef, pork or a combination of both
2. 1 can (14-1/2 oz.) tomato sauce
3. 1/2 tsp. salt
4. Pepper and hot sauce to taste
-
5. 1 Tbs. olive oil
6. 1 small onion, sliced
7. 2 green onions, chopped
8. 1 garlic clove, minced or pressed
-
9. 1 pkg. (3 oz.) regular cream cheese, softened
10. 1 cup regular sour cream
-
11. 1 can (14-1/2 oz.) tomato sauce
12. 1/2 tsp. salt
13. Pepper and hot sauce to taste

TODAY'S COOKING

- - 14. 1 pkg. (3 oz.) regular cream cheese, softened
 - 15. 1 cup regular sour cream
 - 16. 1 cup shredded cheddar cheese*
 - 17. 6 or 7 lasagna noodles, cooked and drained
 - 18. 1/2 cup shredded cheddar cheese*

Preparations

1. Preheat oven @ 350°F (180°C).
2. In a large skillet, cook the meat until it's no longer pink. Drain and stir in the sauce and season with the salt, pepper and hot sauce. Bring to a boil; reduce heat and simmer, uncovered, for 12 to 15 minutes.
3. In a small saucepan, heat the oil over medium. Add items 6, 7 & 8 and sauté 8 to 10 minutes. Remove from heat and set aside to cool.
4. In a large bowl, beat item 15 until smooth. Stir in items 16, 17 and the sauté, mixing well.
5. Spread 1/2 cup of the meat sauce into a large, square, greased casserole dish. Place 2 or 3 noodles in the dish. Top with 1/2 cup of the cheese mixture and 2/3 cup meat sauce. Repeat layers 2 more times and sprinkle with the remaining cheddar cheese.
6. Bake, uncovered 25 to 30 minutes. Rest 10 to 15 minutes before serving.

Variation: Add 1 tsp. dried basil and 1/2 tsp. dried oregano to the meat sauce.

EASY CHEESE CASSEROLE - SERVES 6 TO 8

Ingredients

1. 2 Tbs. butter
2. 15 saltine crackers, crushed
3. 6 oz. (1-1/2 cups) shredded cheddar
4. 1-1/2 cups milk
5. 3 eggs, beaten
6. 1/2 cup sliced mushrooms
7. Salt & pepper to taste

TODAY'S COOKING

Preparations

1. Preheat oven @ 350°F (180°C).
2. Melt the butter in a 1-1/2 qt. casserole dish.
3. Combine the remaining items and mix well. Pour into the casserole dish and bake 45 to 50 minutes or until puffed and set.

CARROT CASSEROLE - SERVES 8

Ingredients

1. 2 lbs. carrots, peeled & sliced
-
2. 1/2 medium onion, diced
3. 1 cup mayonnaise
4. 1/4 cup reserved cooking water
5. 1 Tbs. horseradish or more to taste
-
6. 1/3 cup shredded Manchego or cheddar cheese
7. 1/2 cup panko crumbs
8. 2 Tbs. butter

Preparation

1. Place carrots in boiling water to cover; reduce heat to a simmer; cover and cook 8 minutes. Drain, reserving 1/4 cup of the liquid, and put carrots in a baking dish.
2. Combine ingredients 2 through 5; mix well and spread evenly over the carrots.
3. Melt the butter in a small saucepan; add the panko and stir until coated with the butter. Sprinkle onto the carrots. Garnish with paprika and bake, uncovered, @ 350°F (180°C) for 30 minutes.

CAULIFLOWER CASSEROLE - SERVES 4 TO 6

Ingredients

1. 1 head cauliflower, cut into florets
2. 2 Tbs. butter, melted*

TODAY'S COOKING

3. 1 cup diced onion
4. 2 tsp. minced garlic
5. 3 Tbs. flour
6. 1-1/4 cups milk
7. 1/2 tsp. each salt and nutmeg
8. 1/2 cup ea. grated Parmesan & shredded Gruyere cheese
9. 2 Tbs. butter, melted*
10. 1/2 cup fresh bread crumbs
11. 1 tsp. dried thyme
12. Paprika or minced parsley

Preparations

1. Preheat the oven @ 425° F (220° C)
2. Boil the florets for 3 minutes; drain and rinse in cold water; set aside.
3. Sauté the onion and garlic in the butter for 5 minutes. Whisk in the flour and cook 2 minutes. Whisk in the milk and when smooth, add the salt and nutmeg. Remove from heat and stir in the cheeses.
4. Place the florets into an oiled casserole dish and pour the sauce on top.
5. Combine items 10, 11 & 12 and sprinkle over the top of the casserole. Bake 25 to 30 minutes.
6. Garnish with parsley or paprika and serve.

EGGPLANT CASSEROLE - SERVES 4

Ingredients

1. 1/3 cup olive oil
2. 2 Tbs. butter
3. Flour seasoned with salt & pepper
4. 1 medium to large eggplant, peeled and cut into 1/2 " slices
-
5. 1 medium onion, sliced
6. 1 large tomato, peeled, seeded & sliced
7. 1 medium green pepper, peeled, seeded & sliced
8. 3 garlic cloves, minced or pressed
-
9. 1/2 cup dry bread crumbs
10. 4 Tbs. butter, melted

TODAY'S COOKING

11. Grated Parmesan cheese

Preparation

1. Preheat the oven @ 350°F (180°C).
2. Dry the eggplant slices and dredge in the seasoned flour.
3. Heat items 1 & 2 over medium and lightly sauté the eggplant slices.
4. Cover the bottom of an oiled casserole dish with some of the eggplant slices. Alternate layers of items 5 through 8, seasoning each layer with salt & pepper and a little olive oil.
5. Combine items 9, 10 & 11 and sprinkle on top of the casserole. Bake 35 to 45 minutes.

BAKED POTATO CASSEROLE - SERVES 6 TO 8

Ingredients

1. 8 medium potatoes (2-1/2 to 3 lbs.), peeled and cut into 1" pieces
2. 1 cup evaporated, low-fat milk
3. 1/2 cup sour cream
4. 1 tsp. salt
5. 1/2 tsp. pepper
6. 2 cups shredded cheddar cheese, divided
7. 6 slices cooked, crumbled bacon, divided
8. 2 sliced green onions

Preparation

1. Preheat oven @ 350°F (180°C)
2. In a large pot, place the potatoes; cover with water; bring to a boil and cook over medium-high for 15 to 20 minutes. Drain and return to the pot.
3. Add items 2 through 5 to the potatoes and beat until smooth. Stir in 1-1/2 cups of the cheese and half the bacon. Spoon into a 3 qt. casserole dish coated with cooking spray. Bake for 20 minutes; top with the remaining cheese, bacon and the onions. Bake another 3 to 5 minutes.

TODAY'S COOKING

BAKED BEANS CASSEROLE - SERVES 6 TO 8

Ingredients

1. 1/2 lb. bacon, diced
2. 2 medium sized onions, chopped
3. 2 cans (22oz. ea.) baked beans
4. 1/4 tsp. salt
5. 1-1/2 tsp. dry mustard
6. 1 can (9 oz.) crushed pineapple
7. 1/4 cup chili sauce

Preparation

1. Preheat oven to 275°F (135°C).
2. Slowly sauté the bacon and onions until the onions are soft. Drain off the fat and combine with all the other ingredients. Place into a 2 qt. casserole dish; cover and bake 1-1/2 to 2 hours.

BEETS AND ORANGE CASSEROLE - SERVES 6 TO 8

Ingredients

1. 1/3 cup sugar
2. 1-1/2 tsp. cornstarch
3. 1/3 cup dry white wine
4. 2 Tbs. lemon juice
5. 2 Tbs. butter
6. 1 can (11 oz.) mandarin oranges, drained
7. 2 cans (15 oz. ea.) small, whole beets, drained

Preparation

1. Preheat oven @ 275°F (135°C).
2. Combine the first 4 items in a saucepan and stir until blended. Add the butter and bring to a boil over medium heat, stirring. Remove from the heat when thickened.

TODAY'S COOKING

3. Coat a 1-1/2 qt. casserole dish with cooking spray and add the oranges and beets. Pour on the sauce; cover and bake 10 to 15 minutes or until heated. If refrigerated, bring to near room temperature and bake 15 to 20 minutes.

CELERY GRATIN - SERVES 8

Ingredients

1. 1/2 cup butter (1 stick), divided 6 & 2 Tbs.
2. 6 Tbs. AP flour
3. 1 cup whole milk
4. 1 cup heavy whipping cream
- 5.
6. 3/4 cup shredded Swiss cheese
7. 1/2 tsp. ea. salt & pepper
8. Dash ground nutmeg
- 9.
10. 8 celery ribs, cut into 1-inch pieces
11. 1/2 cup chopped celery leaves
12. 6 slices white bread

Preparation

1. Preheat oven to 375° F (190° C).
2. In a large saucepan, melt 6 tablespoons butter over medium heat. Stir in flour until smooth; gradually whisk in milk and cream. Bring to a boil, stirring constantly until thickened, 3 to 4 minutes. Stir in cheese, salt, pepper and nutmeg until combined. Stir in celery and leaves and transfer to a greased baking dish.
3. Tear bread into pieces and place in a food processor or blender. Cover and pulse until crumbs form and place in a bowl. Melt the remaining butter; toss with the bread crumbs and sprinkle over celery mixture.
Bake until bubbly and topping is golden brown, 25 to 30 minutes.

TODAY'S COOKING

MUSHROOM CASSEROLE - SERVES 8

Ingredients

1. 2 lbs. sliced fresh mushrooms
2. 1/2 cup butter (1 stick), divided in half
- 3.
4. 1 cup heavy whipping cream
5. 1 large egg yolk
6. 1 Tbs. minced fresh parsley
7. 1 Tbs. lemon juice
8. 1 tsp. salt
9. 1/2 tsp. paprika
- 10.
11. 2 cups crushed butter-flavored crackers

Preparation

1. In a large skillet, sauté mushrooms in 2 batches each in 1/4 cup (1/2 stick) butter until mushrooms are tender and liquid has evaporated.
2. In a large bowl, whisk together items 3 through 8. Add the mushrooms and stir until blended. Transfer to a greased baking dish. Melt remaining butter; stir in cracker crumbs until blended. Sprinkle over mushroom mixture. Cover and refrigerate overnight.
3. Remove from the refrigerator 30 minutes before baking. Preheat oven to 350° F (180° C). Bake, uncovered, until a thermometer reads 160° F (71.1° C) and topping is golden brown, 30 to 35 minutes.

PARSNIP & TURNIP AU GRATIN - SERVES 8

Ingredients

1. 1-1/2 lbs. parsnips, peeled and sliced
2. 1-1/4 lbs. turnips, peeled and sliced
-
3. 1 can (10-3/4 oz.) reduced-fat reduced-sodium condensed cream of celery soup, undiluted
4. 1 cup fat-free milk
5. 1/2 tsp. pepper

TODAY'S COOKING

-
- 6. 1 cup shredded sharp cheddar cheese
-
- 7. 1/2 cup panko bread crumbs
- 8. 1 Tbs. butter, melted

Preparation

1. Place the first 2 items in a large saucepan and cover with water. Bring to a boil; reduce heat and simmer, uncovered, until crisp-tender, 5 to 7 minutes.
2. In a small saucepan, combine items 3, 4 & 5. Bring to a boil; reduce heat to low. Stir in cheese until melted.
3. Drain vegetables; transfer to an 11x7-in. baking dish coated with cooking spray. Pour sauce over vegetables.
Combine bread crumbs and butter; sprinkle over top. Bake, uncovered, at 400° until vegetables are tender and crumbs are golden brown, 15-20 minutes.
Freeze option: Cool unbaked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 375°. Bake casserole as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°.

BROCCOLI & ALMOND CASSEROLE - SERVES 6

Ingredients

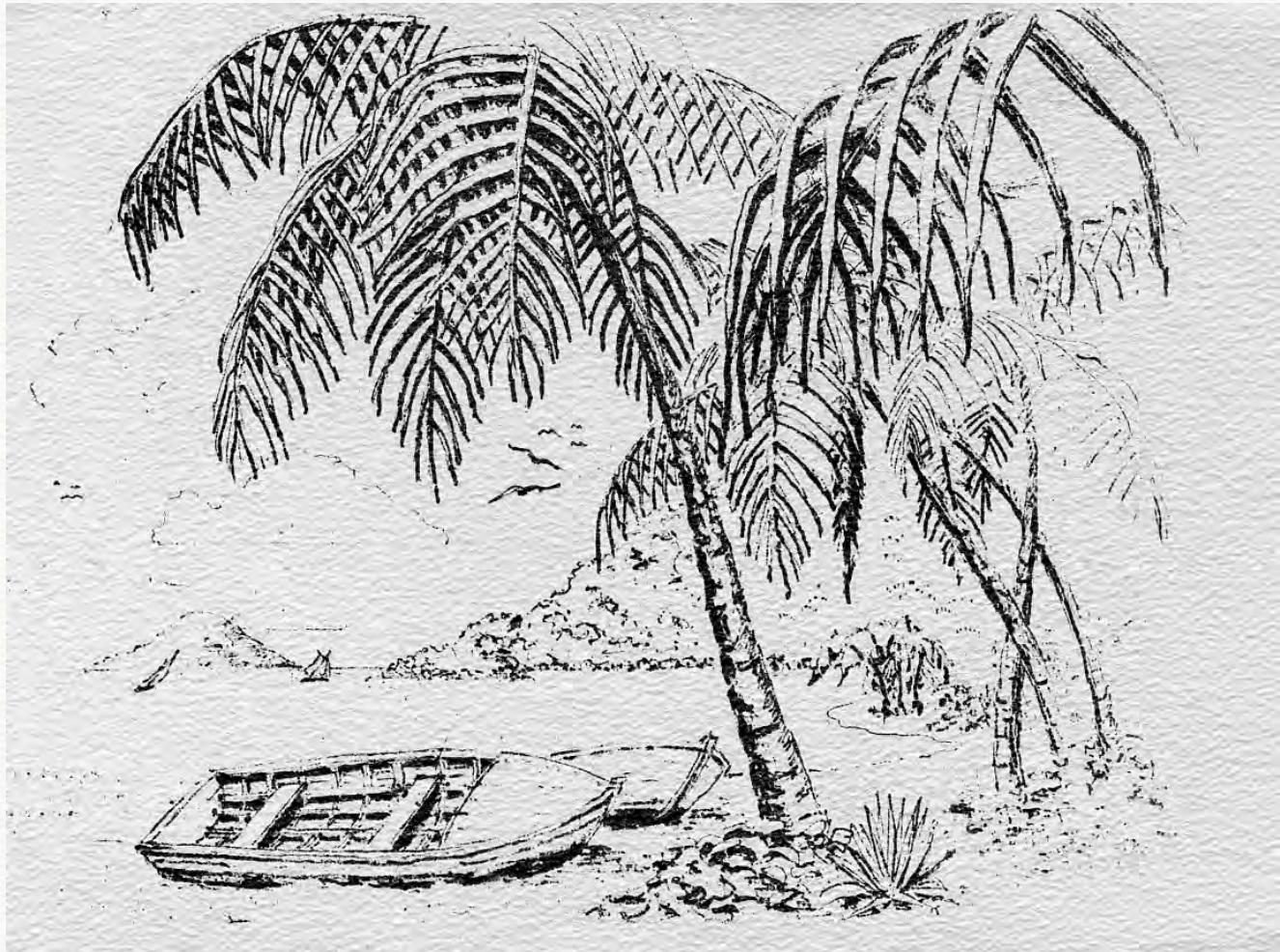
1. 2 lbs. fresh broccoli
2. Boiling, salted water or stock
-
3. 4 Tbs. butter
4. 1/4 cup flour
5. 1 tsp. chicken base
6. 1 cup half'n'half
-
7. 2 Tbs. ea. dry sherry & lemon juice
8. 1/2 tsp. pepper or to taste
-
9. 1/2 cup shredded sharp cheddar cheese
10. 1/4 cup slivered, toasted almonds

TODAY'S COOKING

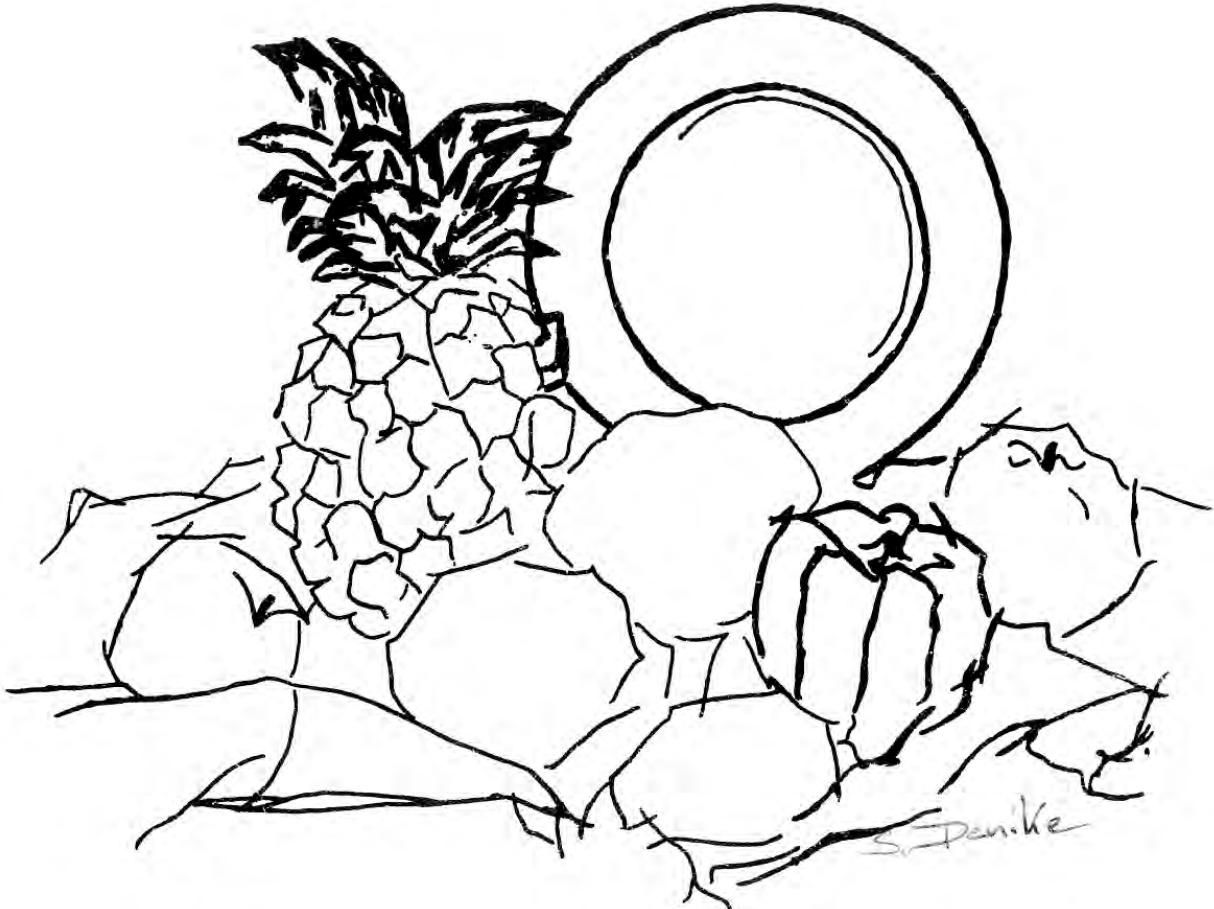
Preparation

1. Cut the broccoli into florets and pieces. Cook until just barely tender in salted, boiling water. Drain and plunge into ice water. When cool, drain again and place into a lightly greased, approx. 8" x 12" casserole dish.
2. Preheat the oven @ 375° F (190° C).
3. In a saucepan, melt the butter and blend in the flour. Cook 2 minutes and blend in the chicken base. Slowly add the half'n'half, stirring until smooth and thickened. Stir in items 7 & 8; blend well and pour over the broccoli. Sprinkle with the cheese and top with the almonds.
4. Bake, uncovered, for 20 minutes.

TODAY'S COOKING



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BUON APPETITO!	EET SMAKELIJK	BUEN APETITO!	BOM APETITE!	BON APPÉTIT !
ITALIAN	DUTCH	SPANISH	PORTUGUESE	FRENCH

GUTEN APPETIT!	ITADAKIMASU	SMAKLIG MÅLTID!	CHIĀH HOK	DA KANA!
GERMAN	JANANESE	SWEDISH	TAIWANESE	FIJIAN

VÆR SÅ GOD!	KALÍ ÓREKSI!	E 'AI KĀUA	KRIPYĀ BHOJAN KĀ ĀNNAÑD LIJĪYAI
DANISH	GREEK	HAWAIIAN	HINDI

NIZHÓNÍGO ADÍÍYÍJŁ	GIN HÂI A-RÒI	JAL MEOKKESSEUMNIDA	ES GEZUNTERHEYT!
NAVAJO	THAI	KOREAN	YIDDISH

SMAKLIG MÅLTID!	POFTĂ BUNĂ!	MWYNHEWCH EICH BWYD!	THOKOLEZA UKUDLA!
SWEDISH	ROMANIAN	WELSH	ZULU

SMACZNEGO!	TAMA'A	VÆR SÅ GOD!	ĂN NGON NHÉ	BIL-HANĀ' WA ASH-SHIFĀ'
POLISH	TAHITIAN	NORWEGIAN	VietNAMESE	ARABIC