

SIMPLE CASSEROLE CREATIONS



Choose one ingredient from each category in the specified amounts from the chart. Follow the instructions to assemble and bake the casserole.

Protein: 1 ½ - 2 cups cooked or canned (diced, ground, sliced, shredded)	<ul style="list-style-type: none"> • Beef, chicken, corned beef, ham, lamb, pork, poultry, sausage, turkey, or wild game • Luncheon meat • Hot dogs or sausage, cooked, cured, or smoked • Eggs, chopped hard-cooked or scrambled • Fish (tuna or salmon) or seafood (shrimp, crab, clams), flaked • Beans (black, red, white, etc.) • Lentils • Firm tofu, drained 		
Vegetable, Cooked: 2 cups canned, fresh, frozen (chopped, diced, sliced, shredded, etc.)	<ul style="list-style-type: none"> • Asparagus • Broccoli • Carrots • Celery • Corn • Cauliflower • Green beans 	<ul style="list-style-type: none"> • Mushrooms • Onion • Peas, • Peppers • Potatoes • Spinach • Summer squash 	<ul style="list-style-type: none"> • Sweet potatoes • Tomatoes • Vegetable blends • Zucchini
Grain: 2 cups cooked	<ul style="list-style-type: none"> • Pasta (macaroni, penne, spiral, bow tie) • Rice, brown or white • Quinoa • Whole grain (barley, bulgur, farro, teff, etc.) • Wild rice 		
Sauce: 2 cups	<ul style="list-style-type: none"> • White sauce, alfredo sauce, pasta sauce, oriental sauce, gravy • Condensed cream or sauce-type soup (celery, cheese, chicken, mushroom, potato, tomato, etc.) • Mixed with milk or liquid to make 2 cups • Tomatoes, diced with juice • Tomato or vegetable juice 		
Flavor/Seasoning: Choose one or more, to taste	<ul style="list-style-type: none"> • Black or green olives, 1/4 cup sliced • Water chestnuts, 1 can chopped or sliced • Salsa, picante, pico de gallo, tomatillo salsa verde, enchilada sauce, 1/2 cup • Garlic, 2 cloves minced or 1/2 teaspoon powder • Dried leaf herbs (basil, Italian blend, marjoram, tarragon, thyme, etc.), 1 - 2 teaspoons • Taco seasoning, ranch seasoning, dry soup mix, spaghetti sauce seasoning, etc., 1 envelope • Salt and pepper to taste 		
Topping: Up to 1 cup	<ul style="list-style-type: none"> • Cheese, shredded or grated (add near the end of cooking) • Bread crumbs, fresh or dry, with 1/4 cup melted butter • Herb-seasoned croutons or stuffing mix with 1/4 cup melted butter • French fried onion rings • Potato chips, crushed • Crushed cereal • Crackers, crushed • Chow mein or rice noodles • Nuts, chopped or slivered • Sesame, sunflower, or poppy seeds • Bacon, crumbled 		

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