



# Build-A-Meal: Casseroles

This serves 4 adults. If you are feeding children, there may be leftovers.

## SEASONINGS

- To taste
  - All Purpose Blend
  - Caribbean Blend
  - Italian Blend
  - Ranch Blend
  - Southwest Blend

## SAUCE

- Choose 1
  - Cream soup (2 cans) + Low-fat milk (½ cup) – OR –
  - Diced tomatoes (28 ounce, drained) + Low-fat sour cream (1 cup) – optional

**\*** Save money by using WIC approved foods.

## TOPPINGS

- As desired
  - Cheese, shredded
  - Corn flakes, crushed
  - Bread crumbs
  - Crackers or chips, crushed



## WHOLE GRAINS

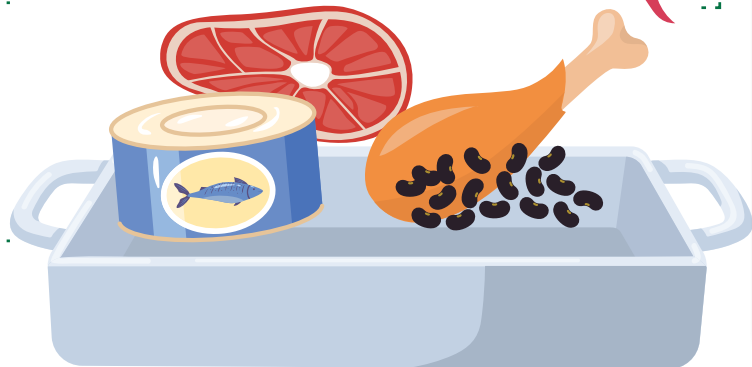
- 3 cups, cooked
  - Brown rice
  - Pasta
  - Quinoa
  - Barley
  - Bread (8 slices, cubed)

## VEGGIES

- 4 cups: Fresh, frozen, or canned
  - Acorn squash
  - Artichokes
  - Asparagus
  - Beets
  - Bell peppers
  - Broccoli
  - Brussels sprouts
  - Butternut squash
  - Carrots
  - Cauliflower
  - Celery
  - Corn
  - Eggplant
  - Green beans
  - Mushrooms
  - Onion
  - Parsnips
  - Peas
  - Potatoes
  - Spaghetti squash
  - Sweet potatoes
  - Tomatoes
  - Turnips
  - Yellow squash
  - Zucchini
- OR –
- 8 cups: Leafy greens
  - Collard greens
  - Kale
  - Spinach

## PROTEIN FOODS

- Choose 1 below
  - Beans (2 cups)
  - Canned tuna or salmon (2, 5 ounce cans)
  - Chicken or turkey (1 pound)
  - Beef (1 pound)
  - Ham (1 pound)



## FOOD PREP INSTRUCTIONS

### LEAFY GREENS AND VEGGIES

- ✓ Wash and chop to equal shapes and sizes



### CANNED BEANS

- ✓ Rinse and drain

### MEAT

- ✓ Cut to equal-sized pieces

### CANNED FISH

- ✓ Drain

### TOFU

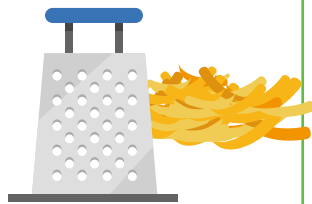
- ✓ Drain and press to remove water  
>> Cube or crumble

### CHEESE

- ✓ Shred

### TOPPINGS

- ✓ Crush



**\***  
Make casseroles ahead of time to eat later in the week.

## COOKING INSTRUCTIONS

- 1 Preheat oven to 350°F.
- 2 If using animal protein foods, cook to a safe temperature before adding. *Scan:*
- 3 Prep the ingredients.
- 4 Mix the cooked protein foods, veggies, sauce, and cooked whole grains. Put the mixture in a greased 9" X 13" oven-safe baking dish.
- 5 Season with salt and pepper or other seasonings, to taste.
- 6 Add toppings as desired.
- 7 Cover with foil and bake at 350°F for 40-60 minutes or until the top is brown and bubbly.
- 8 Remove foil for the last 5-10 minutes, so the toppings can brown.



### COOKING GRAINS *To cook 3 cups*

|                    |   |
|--------------------|---|
| Brown rice         | Boil 2 cups water with 1 cup dry*                         |
| Bulgur             | Boil 1½ cups water with 1 cup dry*                        |
| Quinoa             | Boil 2 cups water with 1 cup dry*                         |
| Whole grain barley | Boil 3 cups water with 1 cup dry*                         |
| Couscous           | Add 1 cup dry to 1¼ cups boiling water. Remove from heat* |

**\*Follow cook times on package instructions.**

## MAKE YOUR OWN SEASONING

Season your ingredients/meals "to taste" with:

### ALL PURPOSE BLEND

Mix:

- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon thyme
- 2 teaspoons paprika
- 2 teaspoons black pepper
- Salt to taste

### SCAN TO FIND MORE RECIPES



- 1 Log into [wichealth.org](https://www.wichealth.org).
- 2 Select **Get Started** in the *Health eKitchen Meal Planner*.
- 3 Select the **Recipes** tab and search **Seasonings**.

**\***  
Precook fresh veggies by steaming in the microwave or on the stove top. Canned and frozen veggies and fresh spinach do not need to be precooked.



**COOKING  
MADE EASY**

### Take This Lesson to Learn:

- How to make balanced casseroles.
- What knife skills are used to make casseroles.
- How to make your own seasoning blend.

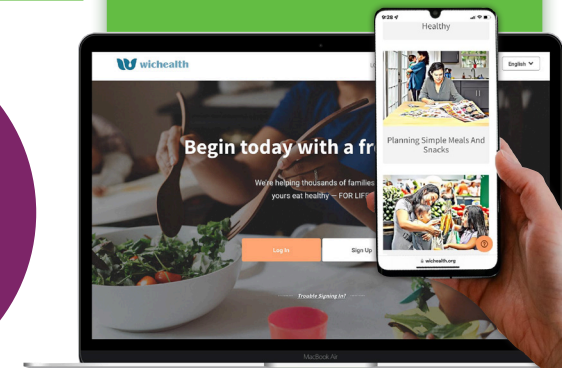
### To Get Started:

SCAN



– OR –

- Visit [wichealth.org](https://www.wichealth.org)
- Choose **Sign up** and enter your information
- Select **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Cooking Made Easy**



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