Build-A-Casserole

Use the framework below to plan a casserole that is full of your family's favorite flavors.

Toppings
- Bread crumbs, ½ cup
- Parmesan cheese, ½ cup, grated

Seasonings
- Garlic powder, 1 Tablespoon
- Ground pepper, ½ Tablespoon

Sauce
- Cream soup, 2, 10 ounce cans
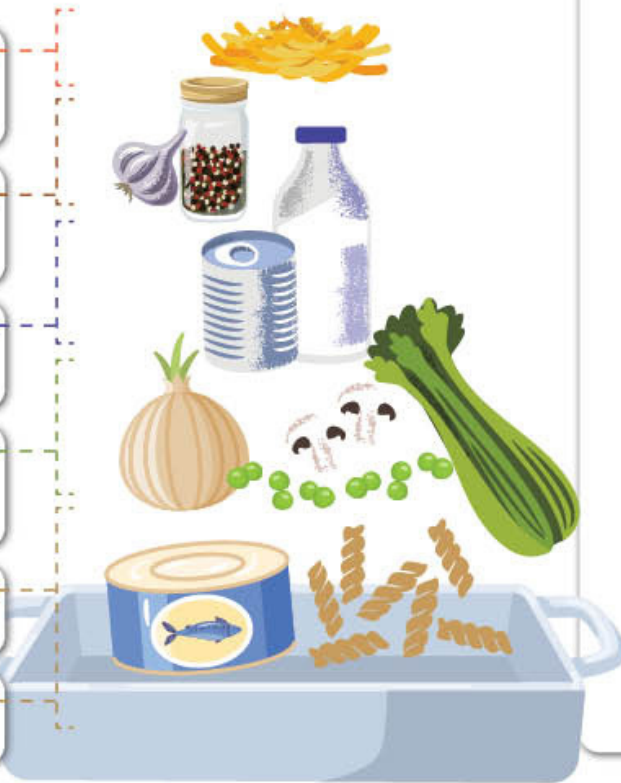- Low-fat milk, ½–1 cup

Veggies
- Onion, 1 cup
- Celery, 1 cup
- Mushrooms, 1 cup
- Peas, 1 cup

Whole Grains
- Whole wheat pasta, 8 ounces, uncooked

Protein Foods
- Canned tuna (2, 5 ounce cans)

What's in your casserole?

Toppings:

Seasonings:

Sauce:

Veggies:

Whole Grains:

Protein Foods:

Food prep skills used to make a casserole:
- Chop: Collard greens
- Cut: Spaghetti squash
- Dice: Onion
- Julienne: Bell pepper
- Mince: Garlic or ginger
- Prepare: Tofu or chicken
- Slice and chop: Tomato

**Food prep skills
I will use to make a casserole:**
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Cooking methods used to make a casserole:
- Bake: Fish
- Cook: Dry beans, lentils, or split peas
- Sauté: Veggies
- Steam: Veggies

**Cooking methods
I will use to make a casserole:**
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