

Create Your Own Casserole

Makes 6 servings | Protein • Grain • Vegetable

Ingredients

- 1 ½-2 cups cooked protein (beans, beef, chicken, canned fish, etc.)
- 1 can condensed soup + ⅓ cup liquid (cream of chicken soup + buttermilk, tomato soup + water, cream of mushroom + low-fat milk)
- Flavoring (onion, garlic, celery, 1-2 teaspoons dried herbs, ½ cup salsa, etc.)
- 2 cups vegetables (mixed frozen vegetables, canned vegetables, broccoli, carrots, zucchini, etc.)
- 1 ½-2 cups cooked grains (rice, pasta, quinoa etc.)
- 2-4 Tablespoons topping (bread crumbs, cheese, crushed cereal, etc.)
- Non-stick cooking spray

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 375°F. Spray a casserole dish or 9x13-inch baking pan with cooking spray.
3. Choose at least one item from each of the bullets to the left. Prepare ingredients.
4. Arrange selected ingredients in a casserole dish or 9x13-inch baking pan coated with nonstick spray. Cover with a lid or aluminum foil.
5. Bake for 30 minutes, until bubbly.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP. This institution is an equal opportunity provider.

Nutrition Facts	
6 servings per container	
Serving size	1 Slice (192g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	9%
Sodium 380mg	17%
Total Carbohydrate 40g	15%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 360mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.



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