

Recipes Made Simple

Recipe Templates give you an easy step-by-step guide to using foods that you already have on-hand that would otherwise go to waste.

This handout includes:

- A **CASSEROLES Made Simple** template that can be used with any vegetables, protein, or whole grains
- A recipe for **Broccoli Chicken Casserole** showing the **CASSEROLES Made Simple** template using broccoli, brown rice, and chicken

CASSEROLES Made Simple

PROTEIN 1 cup Choose any: Cooked Meat or	+	VEGETABLES 1-2 cups Chopped	+	SAUCE 1 cup Choose any: Diced Tomatoes Low-Fat Cream Soup	+	WHOLE GRAINS 1 1/2 cups Choose any: Cooked Whole Grain Pasta Cooked Brown Rice	+	TOPPINGS 1/2 cup Choose any: Toasted Bread Crumbs Crushed Corn Flakes
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1. Layer chosen ingredients in an oiled baking pan. Season with salt, pepper, and other spices to taste.
2. Bake at 350°F for 40-60 minutes, or until top is brown and bubbly.

Broccoli Chicken Casserole Servings per Recipe: 4

Ingredients

- 1 cup diced, cooked chicken
- 1 1/2 cups chopped broccoli
- 1 1/2 cups cooked brown rice
- 1 can cream of mushroom soup
- 1/4 cup nonfat milk
- 1/2 cup shredded low fat cheese
- Nonstick cooking spray or oil

Directions

1. Preheat oven to 350°F.
2. Lightly oil a 9x13" baking dish or coat with nonstick spray.
3. Blanch the broccoli:
Bring a large pot of water (4 cups or more) to boil. While waiting on water to boil, fill another pot of water with cold water (adding ice if possible). Once water is boiling, add chopped broccoli for 3-4 minutes. Remove broccoli from boiling water and immediately place in cold water pot for 2-3 minutes.
4. Combine all ingredients except cheese into mixing bowl. Mix well.
5. Spread mixture into the prepared baking dish, sprinkle with shredded cheese.
6. Bake 40-60 minutes, or until top is brown and bubbly.

Materials

9x13" baking dish • Measuring cups
• Large bowl • Rubber spatula • 2 Large pots

Chef's Notes

- For extra flavor, add ½ teaspoon of any herbs and spices you like
- **Source:** Adapted from Cooking Matters



Inter-Faith Food Shuttle

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