



COOKING

&

KITCHEN TIPS

The guide to constructing a left over dinner!

Pick one food from each category and taste the possibilities

BREADS AND CEREALS

(1 cup raw)

- Macaroni
- Spaghetti
- Rice
- Any types of Pasta

SAUCE

(1 can plus 1 1/2 cups of milk or water)

- Cream of Potato
- Cream of Chicken
- Cream of Mushroom
- Cream of Celery
- Tomato Soup
- French Onion Soup
- Cream of Broccoli

MEAT, POULTRY, FISH OR BEANS

(1 -1 1/2 pounds COOKED)

- Chopped Beef or Turkey
- Ham cubes
- Chicken
- Turkey
- Tuna
- Salmon
- Beans
- Frankfurters
- Eggs





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VEGETABLES

(1 1/2 to 2 cups canned, cooked or raw)

- Carrots
- Peas
- Corn
- Green Beans
- Broccoli
- Spinach
- Mixed Vegetables
- Green Pepper

DAIRY

- 1 to 2 cups of cheese or combination
- Cheddar
- Mozzarella
- Co-Jack
- Swiss
- Provolone
- Muenster

1. Choose one food from each of the four food groups above (dairy is optional). Stir in a skillet, or in a bowl for a casserole.

2. Season to taste with salt and pepper. Other suggestions to add more flavor are: garlic, chopped onion, basil, oregano, green pepper, green onions.

For a skillet supper:

Bring to a boil, reduce to lower setting, cover pan and simmer 30 minutes until pasta or rice is tender. Stir often to keep items from sticking. Stir in cheese the last 5 minutes.

For a casserole:

Bake at 350° F. for one hour, covered.

Add a sprinkle of cheese to top for the last 10 minutes. Some other toppings are tater tots, crushed corn flakes, crushed potato chips or bread crumbs.

