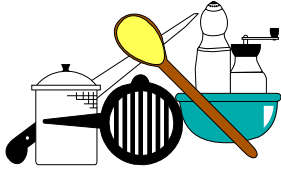
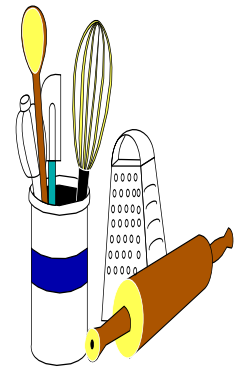


CREATE A CASSEROLE

CHOOSE one ingredient from each of the five groups to make a pleasing combination:



1. 1 1/2 to 2 cups protein food, cooked
2. 2 cups cooked or canned vegetables drained
3. 2 cups cooked pasta, diced potatoes or rice
4. 1 can condensed soup plus 1/2 cup liquid
5. 1/2 cup topping



PREPARE casserole container for baking

<p>PROTEIN FOOD (1 1/2 to 2 cups)</p>	<ul style="list-style-type: none"> ▶ mackerel or salmon (1 pound) ▶ tuna (two 7-ounce cans) ▶ chicken, cooked or canned ▶ ham, cooked or canned ▶ luncheon meat or frankfurters ▶ eggs - hard cooked ▶ beef, veal, lamb - cooked ▶ cheese <p>PLACE 1 1/2 to 2 cups cubed protein food in casserole or baking pan.</p>
<p>VEGETABLES (2 cups cooked or canned)</p>	<ul style="list-style-type: none"> ▶ mixed vegetables ▶ green beans, peas, corn ▶ carrots, broccoli ▶ green pepper, celery, onion <p>ADD 2 cups cooked or canned vegetables, drained.</p>
<p>PASTA, ETC. (2 cups, cooked)</p>	<ul style="list-style-type: none"> ▶ macaroni, noodles, spaghetti ▶ rice ▶ potatoes, sweet potatoes <p>ADD 2 cups cooked pasta, cubed potatoes, or rice.</p>
<p>SAUCE (1 can soup + 1/2 cup liquid)</p>	<p>Soup:</p> <ul style="list-style-type: none"> ▶ condensed cheddar cheese ▶ cream of celery ▶ mushroom ▶ potato ▶ tomato ▶ vegetable ▶ chicken <p>Liquid:</p> <ul style="list-style-type: none"> ▶ milk ▶ tomato juice ▶ vegetable liquid ▶ water <p>ADD 1 can condensed soup mixed with 1/2 cup liquid. Mix into casserole. Season to taste.</p>
<p>TOPPING (about 1/2 cup)</p>	<ul style="list-style-type: none"> ▶ bread or cracker crumbs ▶ crushed cereal flakes ▶ crushed potato chips ▶ grated cheese ▶ fried onion rings <p>SPRINKLE with 1/2 cup topping. BAKE at 350° F. for about 1/2 hour or until hot and bubbly. MAKES 6-8 servings. Serve with salad, enriched bread and margarine, milk, coffee or tea.</p>