

10 Favorite Casseroles



Creamed Corn Casserole

PREP 15 minutes **BAKE** 50 minutes

- Nonstick cooking spray
- 2 16-ounce packages frozen whole kernel corn
- 2 cups chopped red and/or green sweet pepper
- 1 cup chopped onion (1 large)
- 1 tablespoon butter or margarine
- $\frac{1}{4}$ teaspoon black pepper
- 1 10.75-ounce can condensed cream of celery soup
- 1 8-ounce tub cream cheese spread with chive and onion or cream cheese spread with garden vegetables
- $\frac{1}{4}$ cup milk

1. Lightly coat a 2-quart casserole with cooking spray; set aside. Place corn in a colander and thaw by running under cool water; drain. Set aside.

2. In a large saucepan cook sweet pepper and onion in 1 tablespoon hot butter until tender. Stir in corn and black pepper. In a medium bowl, whisk together soup, cream cheese spread and milk. Stir soup mixture into corn mixture. Transfer to prepared casserole.

3. Bake, covered, in a 375° oven for 50 to 55 minutes or until heated through, stirring once. **Makes 12 servings.**

Slow-cooker directions: Do not thaw corn and omit butter. In a $3\frac{1}{2}$ - or 4-quart slow cooker combine frozen corn, sweet peppers, onion and black pepper. In a medium bowl, whisk together celery soup, cream cheese and milk. Pour over mixture in cooker. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir before serving.

Nutrition facts per serving: 176 cal, 9 g fat, 22 mg chol, 280 mg sodium, 22 g carbo, 3 g fiber, 4 g pro.

Easy Huevos Rancheros Casserole

PREP 15 minutes **BAKE** 35 minutes **STAND** 10 minutes

- Nonstick cooking spray
- 1 32-ounce package frozen fried potato nuggets
- 12 eggs
- 1 cup milk
- 1½ teaspoons dried oregano, crushed
- 1½ teaspoons ground cumin
- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- 1 8-ounce package shredded Mexican cheese blend
- 1 16-ounce jar thick and chunky salsa
- 1 8-ounce carton sour cream
- Snipped fresh cilantro

1. Lightly coat a 3-quart rectangular baking dish with nonstick cooking spray. Arrange potato nuggets in dish.

2. In a large mixing bowl, combine eggs, milk, oregano, cumin, chili powder and garlic powder. Beat with a rotary beater or wire whisk until combined. Pour egg mixture over potato nuggets.

3. Bake in a 375° oven for 35 to 40 minutes or until a knife inserted near center comes out clean. Sprinkle cheese evenly over egg mixture. Bake about 3 minutes more or until cheese melts. Let stand for 10 minutes before serving. Top with salsa, sour cream and cilantro. **Makes 12 servings.**

Nutrition facts per serving: 343 cal, 21 g fat, 238 mg chol, 823 mg sodium, 7 g carbo, 2 g fiber, 14 g pro.



Chicken Alfredo and Rice Casserole

PREP 25 minutes **BAKE** 50 minutes

- 1 10-ounce container refrigerated light Alfredo pasta sauce
- ½ cup milk
- 2½ cups cooked white rice or wild rice
- 2 cups cubed cooked chicken
- 1 cup frozen peas
- ⅓ cup chopped bottled roasted red sweet peppers
- ¼ cup slivered almonds, toasted (optional)
- 1 tablespoon snipped fresh basil or ½ teaspoon dried basil, crushed
- 1 cup soft bread crumbs
- 1 tablespoon butter, melted

1. In a large bowl, combine pasta sauce and milk. Stir in rice, chicken, peas, sweet peppers, almonds and basil. Transfer to 1½-quart baking dish.

2. Bake in a 350° oven, covered, 30 minutes. Uncover and stir. Combine bread crumbs and melted butter; sprinkle over casserole. Bake, uncovered, 20 to 25 minutes more or until heated and brown. Let stand 5 minutes before serving. **Makes 4 servings.**

Nutrition facts per serving: 456 cal, 16 g fat, 97 mg chol, 672 mg sodium, 45 g carbo, 3 g fiber, 32 g pro.

Army and Lou's Macaroni and Cheese

PREP 25 minutes **BAKE** 40 minutes **STAND** 10 minutes

- 16 ounces dried elbow macaroni (4 cups)
- 1 8-ounce package shredded sharp cheddar cheese (2 cups)
- 1 8-ounce package pasteurized prepared cheese product, cut up
- $\frac{1}{4}$ cup butter, cut cup
- 3 eggs, lightly beaten
- 1 12-ounce can evaporated milk
- 1 cup process cheese dip or one 10.75-ounce can condensed cheddar cheese soup
- $\frac{1}{4}$ teaspoon ground white pepper

1. Cook macaroni according to package directions. Meanwhile, let the cheeses and butter stand at room temperature. Drain macaroni; transfer to a very large bowl. Add $1\frac{1}{2}$ cups of the shredded cheddar, the cheese product and the butter to the hot pasta, stirring well. Set aside.

2. In a medium bowl, whisk together eggs, milk, cheese dip, and white pepper until combined. Stir egg mixture into macaroni mixture. Transfer mixture to a 13x9x2-inch baking dish (3-quart rectangular), spreading evenly.

3. Bake, covered, in a 325° oven for 25 minutes. Uncover and stir well. Sprinkle with the remaining $\frac{1}{2}$ cup shredded cheddar. Bake, uncovered, 15 to 20 minutes more or until cheese is melted and mixture is heated through (160°). Let stand 10 minutes before serving. **Makes 8 servings.**

Nutrition facts per serving: 635 cal, 35 g fat, 189 mg chol, 1207 mg sodium, 6 g carbo, 2 g fiber, 27 g pro.



The Ultimate Chicken and Noodle Casserole

PREP 35 minutes **BAKE** 30 minutes

- 6 ounces dried gemelli pasta ($1\frac{2}{3}$ cups) or dried medium noodles (3 cups)
- 2 tablespoons butter or margarine
- $1\frac{1}{2}$ cups sliced cremini mushrooms or sliced button mushrooms
- 1 cup chopped onion
- 3 cups chopped cooked chicken*
- 1 15-ounce bottle mushroom Alfredo pasta sauce
- $1\frac{1}{2}$ cups shredded Italian-blend cheeses (6 ounces)
- 1 9- to 10-ounce package frozen cut asparagus or frozen peas, thawed
- $\frac{1}{2}$ cup dairy sour cream
- $\frac{1}{2}$ cup finely chopped bottled roasted red sweet peppers
- 1 teaspoon dried fines herbes or Italian seasoning, crushed
- $\frac{1}{2}$ cup panko (Japanese bread crumbs) or fine dry bread crumbs
- $\frac{1}{4}$ cup sliced almonds or chopped pecans, toasted
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons butter or margarine, melted

1. Cook pasta according to package directions; drain. Return to pan.

2. Meanwhile, in a large saucepan, melt 2 tablespoons butter over medium heat. Add mushrooms and onion; cook and stir until mushrooms are tender. Stir into pasta along with the chicken, pasta sauce, Italian-blend cheeses, asparagus, sour cream, sweet peppers and fines herbes. Transfer mixture to a 13x9x2-inch baking dish (3-quart rectangular).

3. In a small bowl, combine panko, nuts, Parmesan cheese and 2 tablespoons melted butter. Sprinkle over chicken mixture. Bake, uncovered, in a 350° oven for 30 to 35 minutes or until heated through and topping is golden. **Makes 6 servings.**

***Tip:** If you don't have any cooked chicken on hand, pick some up at the supermarket. Look for refrigerated or frozen chopped, cooked chicken or buy a deli-roasted chicken. It will yield $1\frac{1}{2}$ to 2 cups of boneless chopped meat. If you like, you can cook your own. Place $1\frac{1}{4}$ pounds of skinless, boneless chicken breasts and 2 cups water in a large skillet. Bring to boiling; reduce heat. Simmer, covered, 12 to 14 minutes or until chicken is no longer pink (170°). Drain well. Chop chicken; you should get about 3 cups cubed cooked chicken.

Nutrition facts per serving: 600 cal, 34 g fat, 141 mg chol, 797 mg sodium, 6 g carbo, 3 g fiber, 38 g pro.



Healthy Green Bean Casserole

PREP 15 minutes **BAKE** 25 minutes

- 2 9-ounce packages frozen French-style green beans
- $\frac{1}{3}$ cup chopped onion
- 2 teaspoons margarine
- 3 tablespoons fine dry bread crumbs
- 1 10.75-ounce can lower-sodium condensed cream of mushroom soup
- $\frac{1}{4}$ cup plain fat-free yogurt
- 2 tablespoons diced pimiento
- $\frac{1}{8}$ teaspoon pepper

1. Cook the green beans according to the package directions, except omit salt. Drain well.

2. Meanwhile, in a small saucepan, cook the onion in margarine until onion is tender. Stir in the bread crumbs; set aside.

3. In a large mixing bowl, stir together the soup, yogurt, pimiento and pepper. Stir in the beans. Transfer mixture to a 1-quart casserole. Sprinkle bread crumb mixture atop beans in casserole.

4. Bake in a 350° oven for 25 to 30 minutes or until the mixture is heated through and the crumbs are golden. If desired, garnish with additional pimiento pieces. **Makes 5 servings.**

Nutrition facts per serving: 121 cal, 6 g fat, 3 mg chol, 330 mg sodium, 15 g carbo, 2 g fiber, 4 g pro.

Hash Brown Casserole

PREP 20 minutes **BAKE** 50 minutes **STAND** 10 minutes

- 1 10.75-ounce can reduced-fat and reduced-sodium condensed cream of chicken soup
- 1 8-ounce carton light sour cream
- $\frac{1}{2}$ 30-ounce package (about 4 cups) frozen shredded hash brown potatoes
- 1 cup diced cooked ham
- 1 cup cubed American cheese (4 ounces)
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{8}$ teaspoon ground black pepper
- 1 cup cornflakes
- 3 tablespoons butter, melted

1. In a large bowl, combine soup and sour cream. Stir in frozen potatoes, ham, cheese, onion, and pepper. Transfer mixture to an ungreased 2-quart square baking dish. In a small bowl, combine cornflakes and melted butter. Sprinkle over potato mixture.

2. Bake in a 350° oven, uncovered, for 50 to 55 minutes or until bubbly. Let stand for 10 minutes before serving. **Makes 6 servings.**

Nutrition facts per serving: 351 cal, 19 g fat, 63 mg chol, 953 mg sodium, 35 g carbo, 2 g fiber, 13 g pro.





Chicken Enchiladas Adobo

PREP 20 minutes **COOL** 5 minutes **BAKE** 25 minutes **COOK** 15 minutes

- 1 14.5-ounce can diced fire-roasted tomatoes, undrained
- $\frac{3}{4}$ cup water
- 1 onion, chopped
- 1 chipotle chile pepper in adobo sauce
- 1 tablespoon adobo sauce (optional)
- 1 tablespoon snipped fresh cilantro
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon kosher salt or $\frac{1}{4}$ teaspoon salt
- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast halves or skinless, boneless chicken thighs, cut into bite-size strips
- $\frac{1}{2}$ cup corn and black bean salsa
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ teaspoon finely shredded lime peel
- 8 multigrain or whole wheat flour tortillas
- $\frac{3}{4}$ cup shredded Chihuahua cheese or Monterey Jack cheese (3 ounces)
 - 1 2.25-ounce can sliced pitted ripe olives, drained
- $\frac{1}{2}$ cup sliced green onions (4)

- 1.** Lightly grease a 13x9x2-inch baking dish; set aside.
- 2.** For sauce, in medium saucepan, mix undrained tomatoes, the water, the chopped onion, chipotle pepper, adobo sauce (if you like), cilantro, cumin, chili powder and half of the salt. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Remove from heat; let cool for 5 minutes. Place in a blender or food processor. Cover and blend or process until smooth.
- 3.** Meanwhile, in a large skillet, heat oil over medium heat. Add chicken; cook and stir until browned and no longer pink. Remove from heat; drain off fat. Stir in salsa, sour cream, lime peel and the remaining salt.
- 4.** To assemble enchiladas, spoon $\frac{1}{2}$ cup sauce into bottom of prepared baking dish. Spoon about 3 tablespoons of the chicken mixture onto each tortilla near edge; roll up. Place tortillas, seam sides down, in prepared baking dish. Pour remaining sauce over all.
- 5.** Cover and bake in a 375° oven for 15 minutes. Uncover and sprinkle with cheese. Bake 10 to 15 minutes more or until heated through. Sprinkle with olives and green onions. **Makes 8 servings.**

Nutrition facts per serving: 259 cal, 10 g fat, 50 mg chol, 702 mg sodium, 22 g carbo, 5 g fiber, 19 g pro.

Upside-Down Pizza Casserole

PREP 20 minutes BAKE 15 minutes

- 1½ pounds lean ground beef
- 1 15-ounce can Italian-style tomato sauce
- 1½ cups shredded mozzarella cheese (6 ounces)
- 1 10-ounce package refrigerated biscuits (10 biscuits)

1. In a large skillet, cook beef until no longer pink, stirring frequently. Drain off fat. Stir in tomato sauce; heat through. Transfer mixture to a 2-quart rectangular baking dish. Sprinkle mixture with cheese.

2. Flatten each biscuit with your hands; arrange the biscuits on top of the cheese. Bake in 400° oven about 15 minutes or until biscuits are golden. **Makes 5 servings.**

Nutrition facts per serving: 642 cal, 41 g fat, 116 mg chol, 1,103 mg sodium, 13 g carbo, 2 g fiber, 38 g pro.



Nuts About French Toast

PREP 25 minutes CHILL 2 hours BAKE 1 hour STAND 15 minutes

- 12 ounces Italian bread, cut into 1-inch-thick slices
- 8 beaten eggs
- 2 cups milk
- 2 cups half-and-half or light cream
- 2 teaspoons vanilla
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ½ cup butter, softened
- 1 cup packed brown sugar
- 2 tablespoons dark-colored corn syrup
- 1 cup coarsely chopped pecans, walnuts, hickory or hazelnuts

1. Butter a 13x9x2-inch baking dish. Arrange bread slices in the bottom of the dish, overlapping as necessary.

2. In a large mixing bowl, combine eggs, milk, half-and-half, vanilla, nutmeg and cinnamon. Slowly pour egg mixture evenly over bread. Press down lightly with large spoon. Cover and chill in the refrigerator for 2 to 24 hours.

3. In a bowl, mix butter, brown sugar and corn syrup. Stir in nuts. Spoon the topping in small mounds over the bread in baking dish.

4. Place baking dish in a 15x10x1-inch baking pan (mixture may bubble over). Bake, uncovered, in a 325° oven 1 hour or until puffed and golden. Let stand 15 minutes.

Makes 10 servings.

Nutrition facts per serving: 414 cal, 24 g fat, 181 mg chol, 338 mg sodium, 40 g carbo, 2 g fiber, 10 g pro.