

## **Baked Ziti**

### **Ingredients:**

1 pound dry ziti pasta	6 ounces 2% provolone cheese, sliced
1 onion, chopped	1 ½ cups reduced fat sour cream
1 pound lean ground beef	6 ounces 2% mozzarella cheese, shredded
2 (26 oz) jars spaghetti sauce	2 tablespoons grated Parmesan cheese

### **Directions:**

1. Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.
2. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce and simmer 15 minutes.
3. Spray a 13x9 inch baking dish with cooking spray. Layer as follows: ½ of the ziti, Provolone cheese, sour cream, ½ sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.
4. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
5. Freeze.

**Please use disposable pan to prepare casserole. Aluminum pans with flat aluminum lids are preferred (available on Amazon or at Party City).**

## Coach Carter's Shepherd's Pie

### Ingredients:

1 lb lean ground beef

1 12 oz jar beef gravy (ex. Heinz)

2 14.5 oz cans peas and carrots

A1 steak sauce

Worcestershire Sauce

1 12 oz beer (dark if you have it)

Wondra Quick Mixing Flour

Black pepper to taste

24 oz. Bob Evans Mashed Potatoes or 4 c. homemade mashed potatoes

### Directions:

1. Brown the ground beef in a large skillet. Drain grease. Add gravy and vegetables to the beef.
2. Bring beef mixture to a simmer. Add pepper, A1 and Worcestershire (a few shakes of each). Add about 1/3 of the beer. Add small amounts of Wondra to thicken the sauce – again a few shakes. Simmer for 45 minutes to an hour.
3. Spray 13x9 pan with cooking spray. Place beef mixture in the pan.
4. Heat potatoes according to package directions. Spread warm potatoes over beef mixture.
6. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
7. Freeze.

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## **Poppyseed Chicken Casserole**

### **Ingredients:**

6 cups chopped cooked chicken breast

2 cans Healthy Request Cream of Chicken Soup (10 ¾ oz)

2 8 oz carton reduced fat sour cream

2 Tblsp poppyseeds

½ - 1 cup 2% shredded cheese

2 sleeves Ritz crackers, crushed

1/2 cup butter, melted

### **Directions:**

1. Combine first five ingredients. Spray a 13x9 pan with cooking spray. Pour mixture into pan.
2. Combine crackers and butter and sprinkle over chicken mixture.
3. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
4. Freeze.

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## **Breakfast Casserole**

### **Ingredients:**

1 lb. pork sausage, cooked and drained

6 eggs, beaten

2 cups milk

1 – 2 tsp dry mustard

Salt & pepper to taste

8 slices white bread, crusts off and bread cut into pieces

2 cups 2% grated cheddar cheese

### **Directions:**

1. Beat together eggs, milk, dry mustard, salt & pepper.
2. Stir in cheese and cooked sausage.
3. Place bread pieces in a 13x9 pan sprayed with cooking spray.
4. Pour egg and sausage mixture over bread.
5. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
6. Freeze.

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## **Spinach-Ravioli Lasagna**

### **Ingredients:**

- 1 (6 oz) package of baby spinach, washed
- 1/3 cup refrigerated pesto sauces (7 oz)
- 1 (15 oz) jar Alfredo sauce
- 1/4 cup vegetable broth
- 1 (22- 25 oz) package of frozen cheese filled ravioli – do not thaw
- 1 cup (4 oz) shredded Italian six cheese blend

### **Directions:**

1. Chop spinach and add pesto sauce.
2. Combine Alfredo sauce and vegetable broth.
3. Spoon 1/3 of Alfredo sauce mixture into a 13x9 baking dish coated with cooking spray. Top with 1/2 of spinach mixture. Arrange 1/2 of ravioli in a single layer over spinach mixture. Repeat layers and top with remaining Alfredo sauce.
4. Sprinkle shredded cheese on top.
5. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
6. Freeze.

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## Chicken Tuscan Pasta

### Ingredients:

- 1 (13 oz) package of whole wheat penne pasta
- 3 ½ cups cooked chicken breasts (rotisserie works well)
- 1 jar (7 oz) sun dried tomatoes packed in oil, drained (oil reserved), chopped
- 1 cup diced onion
- 1 cup milk (2% or whole)
- 1 clove garlic, minced
- ½ cup grated Parmesan Cheese
- 5 oz fresh baby kale
- 1 cup shredded Mozzarella Cheese
- 4 oz cream cheese

### Directions:

1. Spray pan 13x9” pan with nonstick cooking spray.
2. Bring a large pot of water to a boil and cook pasta according to directions. Drain.
3. Meanwhile, in a large skillet, heat 1 tablespoon of reserved sun dried tomato oil and add onions. Saute until onions are translucent (about 5 minutes). Add garlic and cook until fragrant (1 minute).
4. Add kale and chopped sun dried tomatoes and cook until kale is wilted, stirring frequently. Add chicken. Add cream cheese, milk and parmesan cheese. Stir to combine and cook until cream cheese is melted.
5. Add pasta. Pour into prepared baking dish & top with mozzarella cheese.
6. Cover well. Wrap tightly with plastic wrap and refrigerate for 1-2 hours.
7. Freeze.

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