Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CREATE YOUR OWN CASSEROLE**

Learn to make a casserole from ingredients you have on hand. This is a great way to use up leftovers. Select a food from each of the following categories:

|  |  |
| --- | --- |
| Protein | 1 cup (cubed ham, chicken, beef, eggs, turkey, tuna, etc.) |
| Sauce | 1 cup (creamed soups: celery, chicken, mushroom, tomato, cheddar cheese, etc. |
| Vegetables | 1 cup (peas, carrots, potatoes, corn, etc.) |
| Pasta | 1 cup (macaroni, rice spaghetti, noodles, etc. |
| Topping | 4T (potato chips, bread crumbs, corn flakes, crackers, etc.) |

**Casserole Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 AMOUNT INGREDIENT

|  |  |  |
| --- | --- | --- |
| Protein |  |  |
| Sauce |  |  |
| Vegetables |  |  |
| Pasta |  |  |
| Topping |  |  |

Gather ingredients. Brown meet and drain fat from meat if necessary. Cook pasta. Add about ½ cup milk or water to soup to make the casserole the right consistency. Cook in oven for 30-45 minutes (350 degrees), or microwave on 100% power for 18-20 minutes. If your casserole is watery after 20 minutes of cooking, remove the cover and finish cooking (this will help the liquid to thicken).

**Lab Evaluation**

1. What are the three main parts of a casserole?

2. What are the 3 advantages of making casseroles?

3. Why do some casseroles have topping on them?

4. Did your casserole contain all the nutrients? Write ingredients in appropriate category.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Carbs | Fat | Protein | Vitamins | Minerals | Water | Fiber |
|  |  |  |  |  |  |  |