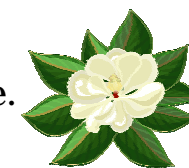




Southern Plate's Handy Dandy Casserole Chart

Choose one item from each column and then follow instructions at bottom of page.

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<u>Starch</u> 2 Cups Cooked (unless noted)	<u>Sauce</u> 1 can or 10 oz	<u>Cheese</u> 1 Cup	<u>Meat</u> 1-2 Cups, cooked	<u>Vegetables</u> 2 Cups	<u>Topping</u> (Optional) 1 Cup	<u>Seasonings</u> 1/4 to 1/2 tsp (choose 1 or more)
Small Pasta (bowtie, small shell, macaroni, etc)	Cream Of Chicken Soup (Reg. or fat free)	Shredded Cheddar Cheese	Diced or shredded chicken	Frozen Mixed Vegetables	1/2 C Crushed Ritz crackers mixed with 1/2 C from cheese column	Salt
Rice (any kind, including Saffron)	Cream of Mushroom Soup (Reg. or fat free)	Shredded Mozzarella Cheese	Diced ham	Frozen peas and Carrots blend	Crushed corn flakes	Pepper
Frozen Shredded Potatoes (uncooked, thawed)	Cream of Celery Soup (Reg. or fat free)	Reduced Fat Shredded Cheddar	Ground beef	Frozen green beans	1/2 C French Fried Onions mixed with 1/2 C from cheese column	Garlic Powder
Whole Wheat Pasta (small variety)	Cheese Soup	Reduced Fat Shredded Mozzarella	Diced or shredded Rotisserie chicken	Frozen Corn	Crushed potato chips	Italian Seasoning
Boxed Scalloped Potatoes (Such as Betty Crocker)	Cheese Sauce (Cheez Whiz)	Any other shredded cheese	Canned chicken	Frozen chopped broccoli	Crushed cheese flavored crackers	Onion Powder

Instructions: Cook starch according to package or box directions.

Add 1/2 C milk (skim, lowfat, evaporated, or whole) to sauce choice.

Cover vegetables with water and bring just to a boil, drain.

Stir Starch, Sauce, Cheese, Meat, Vegetable, and Seasonings all together in bowl. Spoon into lightly greased 9x13 inch casserole dish. Bake at 350 for thirty minutes, or until bubbly.

Add a topping choice, if desired, and bake an additional five minutes.