

EASY TUNA CASSEROLE

RECIPE

INGREDIENTS:

- 1 can tuna
- 2 bag of frozen peas
- 3 can cream of mushroom soup
- 4 cups of cooked egg noodles (or any cooked pasta)

Crushed potato chips for topping salt and pepper to taste

PROCEDURE:

- 1. Preheat oven to 375 degrees
- 2. Spray 9x13 casserole dish with nonstick cooking spray
- 3. Mix all ingredients in casserole pan
- 4. Top with crushed potato chips
- 5. Bake at 375 degrees for approximately 30 minutes or until warm
- 6. For extra cheesy flavor sprinkle shredded cheddar or parmesan cheese on top

NOTES:

Yummy hot or cold!

BAGEL PIZZAS

RECIPE

INGREDIENTS:

Makes one serving

1 Bagel

Pizza or spaghetti sauce Shredded
cheese and choice of toppings

PROCEDURE:

1. Preheat oven to 425 degrees
2. Cut bagel in half and cover both halves with
sauce
3. Add your choice of toppings and cheese
4. Bake until cheese is melted - about 5-10
minutes

NOTES:

No bagels? Use toast or English muffins instead!

TUNA MELT

RECIPE

INGREDIENTS:

Makes one serving

2 slices of bread (you could also use a bagel or English muffin cut in half)

1 can of tuna 2 TBSP Mayonnaise
Shredded or sliced cheese
(Mozzarella or cheddar)

PROCEDURE:

1. Preheat oven to 350 degrees
2. Drain tuna and mix with mayonnaise
3. Spread tuna mix onto bread slices
4. Top with shredded cheese
5. Bake until cheese is melted -about 10 minutes

NOTES:

Add a slice of tomato to the tuna before topping with cheese

OVEN BURGERS

RECIPE

INGREDIENTS:

Makes 4 servings

1 lb ground beef/hamburger 1
packet of dried Ranch seasoning

Salt & pepper to taste

PROCEDURE:

1. Preheat oven to 400 degrees
2. Line cookie sheet or 9x13 casserole pan with aluminum foil
3. Mix ground beef and ranch dressing in a bowl
4. Make 4 patties with the ground beef mixture
5. Bake in 400 degree oven for 12 minutes; remove and turn burgers over. Bake an additional 12 minutes or until burgers are cooked through.

NOTES:

Using a casserole dish will help with any grease splattering in the oven. You may also cover the burgers with foil during the final 5 minutes

BURRITO BAKE

RECIPE

INGREDIENTS:

Makes 6 servings

- 1 lb ground beef/hamburger
 - 1 cup chopped onion (optional)
- 2 envelope taco seasoning (any kind)
- 3 can (16 oz) refried beans
- 4 tube (8 oz) refrigerated crescent rolls
 - 1 cups shredded mozzarella cheese
 - 1 cups shredded cheddar cheese

PROCEDURE:

1. Preheat oven to 350 degrees.
2. Cook ground beef in skillet until no longer pink; drain. Add beans, onion and taco seasoning.
3. Unroll crescent roll dough and press into bottom of greased 13x9 baking dish. Seal seams.
4. Spread beef mixture over crust and sprinkle with cheeses. Bake, uncovered, until golden brown, about 30 minutes. If desired, sprinkle with toppings.

PIZZA PASTA BAKE

RECIPE

INGREDIENTS:

Makes 8 servings

- 1 oz of rotini or penne pasta, uncooked
- 1 jar (23.9 oz) of your favorite pasta sauce
- 2 cups water
- 3 cups shredded mozzarella

cheese

4-5 oz of quartered pepperoni

2 TBSP shredded parmesan

cheese

PROCEDURE:

1. Preheat oven to 425 degrees.
2. In ungreased 9x13 baking pan combine uncooked pasta, pasta sauce, water, 1 1/2 cups mozzarella & pepperoni. Stir to combine.
3. Top with remaining 1/2 cup mozzarella & parmesan cheese
4. Cover tightly with aluminum foil and bake for 30-40 minutes

TATER TOT CASSEROLE

RECIPE

INGREDIENTS:

Makes 8 servings 1 lb

ground beef

Salt & pepper to taste 1 can

condensed cream of mushroom

soup

2 cups shredded Cheddar cheese 1 (16

oz) package of frozen tator tots

PROCEDURE:

1. Preheat oven to 350 degrees.
2. Cook ground beef in skillet until no longer pink & completely browned. Drain.
3. Season ground beef with salt & pepper. Stir in cream of mushroom soup.
4. Pour ground beef mixture into 9x13 baking dish. Layer tator tots evenly over the ground beef mixture.
5. Top with cheddar cheese. Bake 30-45 minutes, until tots are golden brown.

CHILI MAC

RECIPE

INGREDIENTS:

Makes 4 servings

- 1 (7.25 ounce) package of macaroni & cheese mix
- 1 (14 ounce) can of hot dog chili
- 1/4 cup shredded Cheddar cheese (or your cheese of choice)

PROCEDURE:

1. Cook macaroni & cheese according to package directions
2. Once done, add can of chili mix and cook over medium heat until hot (about 2 minutes)
3. Sprinkle with cheese to serve

APPLE OVERNIGHT OATS

RECIPE

INGREDIENTS:

Makes 1 serving

- 1 cup old-fashioned rolled oats 1/3 cup milk (any kind of milk will work)
- 1 single serving cup of applesauce
- Optional extras: cinnamon, walnuts, cranberries, peanut butter, etc.

PROCEDURE:

1. Add oats to a resealable container.
2. Add any optional extras to the container.
3. Add the milk and applesauce to the container.
4. Shake or stir to mix.
5. Close the container and refrigerate overnight or up to 4 days. Stir contents before eating.

EASY CHEESY EGGS IN A MUG

RECIPE

INGREDIENTS:

Makes 1 serving

2 eggs

2 tbsp milk (any milk will work)

1 cup shredded cheese

Salt and pepper

Optional extras: chopped broccoli, chopped bell peppers, sliced green onion, etc.

PROCEDURE:

1. Spray the inside of a 12-oz mug with cooking spray.
2. Add eggs, milk, and any optional extras. Beat with a fork until eggs are well blended.
3. Microwave for 45 seconds; stir.
4. Microwave again for 30 seconds, or until eggs are puffed and set. Sprinkle with cheese and let stand for a few minutes until the cheese is melted.
5. Season with salt and pepper.

FRUIT & PEANUT BUTTER TOAST

RECIPE

INGREDIENTS:

Makes 1 serving

1 slice of bread

Peanut butter (or any other nut butter)

Fruit topping: 1/2 apple sliced; 1 fruit
cup drained; 1/2 banana sliced; etc.

Optional extras: honey, cinnamon, etc.

PROCEDURE:

1. Toast the bread in a toaster.
2. Spread the nut butter on the bread once it is toasted.
3. Top with desired fruit and any optional extras!