

Casseroles Study Sheet

Guide to Good Food - Chapter 22, Pages 360-361.

✂ Casserole- a combination of foods prepared in a single dish. It is quick and easy to prepare.

Ingredients:

1. Protein-provides a base- turkey, chicken, ground beef, ham, luncheon meat, cheese, hard-cooked eggs, and seafood
2. Vegetables - canned, frozen, or cooked fresh- peas, green beans, carrots, spinach or mixed vegetables
3. Starchy foods -extends the protein ingredient- potatoes, rice, pasta, beans, brown rice, noodles
4. Sauce - holds everything together, home made sauce (white sauce) or condensed cream soup-cream of celery, chicken, or mushroom
5. Extras - adds crunch (Chinese noodle, celery) , color (green peppers, tomato chunks, parsley) or flavor(horseradish, chili sauce, onions, garlic)
6. Toppings - help prevent casserole from becoming dry when baking- buttered bread crumbs, crushed cereals, potatoes chips, dumplings or biscuits.

Putting it all together:

- ✂ Combine foods that complement each other.
- ✂ Avoid too many highly seasoned foods.
- ✂ Clean up is easier if you grease the dish first.
- ✂ Bake in a moderate oven (350°F) until brown and bubbly (may cover loosely with foil to prevent over-browning).
- ✂ Will hold well for latecomers - either keep warm in oven or cool and refrigerate and reheat later.

Microwaving casseroles:

- ✂ Assemble from leftovers or precooked ingredients and heat in the microwave oven quickly.
- ✂ Excellent for re-heating and defrosting casseroles.

In area below fill-in:

Name of casserole:

Protein

Vegetables

Starchy foods

Sauce

Extras