

Care and Share

Suggested Recipes

Recipe	Page Number
<u>Beef</u>	
Basic Beef Stew with Carrots and Mushrooms	4
Chili Con Carne	5
Easy Sloppy Joe Pot Pie	6
Favorite Meatloaf	7
Hamburger Casserole	8
Impossibly Easy Cheeseburger Pie	9
Old-Time Beef Stew	10
Pepper-Herb Beef Stroganoff	11
<u>Chicken</u>	
Chicken Cacciatore	12
Chicken Cilantro Enchiladas	13
Chicken Enchiladas	14
Chicken Fantastic	15
Chinese Chicken Morsels	16
Classic Chicken Pot Pie	17
Colorado White Chili	18
Easy Bistro Chicken	19
Easy Chicken and Dumplings	20
Herbed Chicken Parmesan	21
One-Dish Rosemary Chicken and White Beans	22
Stove-Top Barbequed Chicken	23
<u>Pasta</u>	
Edamame with Pasta	24
Manicotti	25
No Mess or Stress Stuffed Shells	26
Pasta Skillet with Tomatoes and Beans	27
Pasta with Chickpeas and Garlic Sauce	28
Penne with Chicken, Broccoli, and Cheese	29
Spinach Lasagna	30
Tex-Mex Lasagna	31
Three Cheese Chicken Pasta	32
Three Cheese Chicken Penne Florentine	33
Two-Step Macaroni and Cheese	34
<u>Seafood</u>	
Broiled Tilapia with Thai Coconut-Curry Sauce	35
<u>Vegetarian</u>	
Black Bean Burrito Bake	36
Hash Brown Casserole	37
Quiche with Asparagus, Green Onion, and Goat Cheese	38
Three-Bean Chili	40
Tofu Fried Rice	41

Soup

Creamy Chicken Noodle Soup

42

Quick Fall Minestrone

43

Bread

White River Sour Cream Cornbread

44

Dessert

Classic Crumb Cake

45

Friendly Freezer Guidelines

46

Basic Beef Stew with Carrots and Mushrooms

1 tablespoon olive oil, divided
1 pound small cremini mushrooms
Cooking spray
2 cups chopped onion
3 garlic cloves, minced
1/3 cup all-purpose flour (about 1 ½ oz)
2 pounds lean beef stew meat, cut into bite-sized pieces
¾ teaspoon salt, divided
1 cup dry red wine
1 tablespoon chopped fresh thyme
2 (14 oz) cans less sodium beef broth
1 bay leaf
2 cups (¾-inch) cubed, peeled white potato (about 1 pound)
1 ½ cups (1-inch) slices carrot (about 12 oz)
½ teaspoon freshly ground black pepper
Fresh thyme sprigs (optional)

Heat 1 teaspoon olive oil in a large Dutch oven over medium-high heat. Add mushrooms, and sauté for 5 minutes or until mushrooms begin to brown. Spoon mushrooms into a large bowl. Lightly coat pan with cooking spray. Add onion; sauté 10 minutes or until tender and golden brown. Add garlic; sauté 1 minute. Add onion mixture to mushroom mixture.

Place flour in a shallow bowl or pie plate. Dredge beef in flour, shaking off excess. Heat remaining 2 teaspoons oil in pan over medium-high heat. Add half of beef mixture; sprinkle with 1/8 teaspoon salt. Cook 6 minutes, browning on all sides. Add browned beef to mushroom mixture. Repeat procedure with remaining beef mixture and 1/8 teaspoon salt.

Add 1 cup wine to pan, scraping pan to loosen brown bits. Add thyme, broth, and bay leaf; bring to a boil. Stir in beef mixture. Cover, reduce heat to medium-low, and simmer for 1 hour or until beef is just tender.

Stir in potato and carrot. Simmer, uncovered, 1 hour and 15 minutes or until beef and vegetables are very tender and sauce is thick, stirring occasionally. Stir in remaining ½ teaspoon salt and pepper. Discard bay leaf. Garnish with thyme sprigs, if desired.

Yield: 8 servings

Chili Con Carne

1 pound ground beef
1 cup onion, chopped
¾ cup green pepper, chopped
1 clove garlic, minced
1 (16 oz) can tomatoes, cut up
1 (16 oz) can dark red kidney beans, drained
1 (8 oz) can tomato sauce
2 teaspoons chili powder
½ teaspoon dried basil, crushed
½ teaspoon salt
¼ teaspoon pepper

Yield: 4-6 servings

Cooking day instructions:

Cook ground beef, onion, green pepper, and garlic until meat is browned. Drain off fat. Stir in undrained tomatoes, kidney beans, tomato sauce, chili powder, basil, salt, and pepper. Bring to boiling; reduce heat. Cover and simmer about 20 minutes longer. Cool, place in gallon bags, and freeze.

Serving day instructions:

Thaw completely. Simmer until heated through and serve.

Hints:

Serve with homemade cornbread (*see recipe for White River Sour Cream Cornbread*) or tortillas. Top with grated cheese, sour cream, chopped onions, or your favorite condiments.

Substitutions:

Hot or mild green chiles may be added. If you prefer a slightly thinner consistency, add more tomato sauce, tomato juice, or V-8 juice.

Easy Sloppy Joe Pot Pie

1 pound lean ground beef (or ground turkey)
1 medium onion, chopped (½ cup)
1 can (15 ½ oz) original sloppy joe sauce
1 cup shredded cheddar cheese (4 oz)
1 cup Original Bisquick® mix
½ cup milk
1 egg

Preheat oven to 400°.

Cook beef and onion in ovenproof 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in sloppy joe sauce. Sprinkle with cheese.

Stir in remaining ingredients until blended. Pour over beef mixture.

Bake about 30 minutes or until golden brown.

Special touch: Before baking, sprinkle with a tablespoon of sesame seed.

Yield: 6 servings

Favorite Meatloaf

1 large onion, finely chopped
¼ cup Kraft® Light Zesty Italian dressing
2 pounds extra-lean ground beef (or ground turkey)
¾ cup ketchup, divided
1 pkg (6 oz) Stove Top® Stuffing Mix for Chicken
1 cup water
2 egg whites
½ cup Kraft® 2% milk shredded sharp cheese

Preheat oven to 375°.

Cook onions in dressing in skillet on medium heat 8-10 minutes or until golden brown, stirring frequently. Remove from heat; cool slightly.

Mix meat, onions, ¼ cup ketchup, stuffing mix, water, and egg whites. Shape into 10x5-inch loaf in 13x9-inch baking dish; cover with remaining ketchup.

Bake 55 minutes to 1 hour or until done (160° F). Sprinkle with cheese; bake 2 minutes or until melted.

Yield: 8 servings

Hamburger Casserole

1 pound thin spaghetti noodles
6 oz softened cream cheese
1 cup sour cream
1 medium onion, chopped
1 ½ cups grated cheddar cheese
1 clove garlic, minced
2 pounds ground beef
1 (6 oz) can tomato sauce
1 (8 oz) can tomato sauce

*Please do not use additional ingredients.

Cook noodles, rinse and drain several times with hot water, and set aside. Gradually beat sour cream into cream cheese; stir in garlic. Combine this cheese mixture with noodles and set aside. Brown beef and onion, then drain. Stir in both cans of tomato sauce and add salt and pepper to taste.

Grease two 8x8-inch disposable foil pans. In each pan, place ½ noodles / cheese mixture, then ½ beef mixture. Sprinkle with cheddar cheese.

Freezing instructions: As indicated above, this recipe will make two 8x8-inch casseroles. After assembling, wrap thoroughly in plastic wrap, being careful to remove as much air as possible. Then wrap tightly in heavy-duty foil. Put in zip-lock bag made for freezer storage (Regular aluminum foil will not prevent freezer burn.)

Cooking instructions: Thaw, bake uncovered at 375° for 30 minutes.

Impossibly Easy Cheeseburger Pie

1 pound lean (at least 80%) ground beef (or ground turkey)
1 large onion, chopped (1 cup)
½ teaspoon salt
1 cup shredded cheddar cheese (4 oz)
½ cup Original Bisquick® mix
1 cup milk
2 eggs
Cooking spray

Preheat oven to 400°. Spray 9-inch glass pie plate with cooking spray.

In 10-inch skillet, cook beef and onion over medium heat 8-10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt. Spread in pie plate. Sprinkle with cheese.

In small bowl, stir remaining ingredients with fork or wire whisk until blended. Pour into pie plate.

Bake about 25 minutes or until knife inserted in center comes out clean.

Yield: 6 servings

Old-Time Beef Stew

2 pounds beef cubes (stew meat)
1 tablespoon oil
4 cups boiling water
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
1 clove garlic, minced
1 onion, sliced
1 tablespoon salt
2 bay leaves
½ teaspoon pepper
1 teaspoon sugar
½ teaspoon paprika
Dash of allspice

Serving day:

1 pound carrots, chopped
3-4 potatoes, chopped
1-2 cups frozen peas

Cooking day instructions: Brown meat in oil. Add rest of ingredients and cook 1-2 hours, until meat is tender. May be frozen.

Serving day instructions: Thaw completely and place stew in stockpot. Add vegetables and simmer 1-2 hours, until vegetables are tender. If desired, some of the liquid may be thickened with flour and poured over the meat and vegetables.

Yield: 6-8 servings

Pepper-Herb Beef Stroganoff

1 tablespoon butter or margarine
½ pound boneless beef sirloin steak, cut into thin bite-size strips
¼ teaspoon garlic salt
¼ teaspoon coarse ground black pepper
1 ½ cups sliced fresh mushrooms (4 oz)
¼ cup Progress® beef flavored broth (from 32 oz carton)
1 tablespoon chili sauce
¼ teaspoon dried thyme leaves
¼ cup chive-and-onion sour cream
2 tablespoons chopped fresh parsley

Hot cooked noodles, if desired

In 8-inch nonstick skillet, melt butter over medium-high heat. Add beef strips; sprinkle with garlic salt and pepper. Cook 2-3 minutes, stirring frequently, until browned.

Add mushrooms; cook 2 minutes, stirring frequently. Stir in broth, chili sauce, and thyme. Cook 3-5 minutes, stirring occasionally, until flavors are blended.

Reduce heat to medium-low; stir in sour cream until well-blended. Sprinkle with parsley. Serve over hot cook noodles.

Yield: 2 servings

(for two servings, cook 1 ½ cups of uncooked noodles as directed on the package)

Chicken Cacciatore

1 pound boneless, skinless chicken breasts (2 cups cooked)
1 tablespoon vegetable oil
1 sliced medium onion
½ sliced green bell pepper
2 cups sliced fresh mushrooms
1 teaspoon minced garlic (1 clove)
1 (28 oz) can Italian-style or plain crushed tomatoes in puree
2 tablespoons chopped fresh parsley
1 teaspoon salt
¼ teaspoon pepper
2 teaspoons Italian seasoning
1 teaspoon dried basil leaves
Parmesan cheese
1 (16 oz) package spinach or wide egg noodles (use half)*

Cut chicken into 1-inch cubes. In a large skillet, sauté chicken in vegetable oil until no longer pink in the center, about 15 minutes. Remove chicken from skillet and sauté onion, green bell pepper, mushrooms, and garlic until onion is transparent, about 10 minutes. Add chicken and remaining ingredients, except Parmesan cheese and noodles, to the skillet. Simmer 15 minutes. Allow sauce to cool, put in an 8-cup container, cover with foil and freeze.

To serve, thaw dish, and bake chicken in a preheated oven at 350° for 35 minutes. Cook half package spinach or egg noodles according to directions. Serve chicken over noodles and sprinkle on Parmesan cheese.

Yield: 6 servings

Chicken Cilantro Enchiladas

2 pounds boneless, skinless chicken breasts
2 cups water
1 onion, diced
1 clove garlic, minced
2-3 sprigs fresh cilantro
1 1/3 cups chicken broth
2 (10 oz) cans mild enchilada sauce
4 cups grated Monterey Jack cheese
8 green onions, sliced
2 tablespoons chopped cilantro leaves
½ teaspoon salt
¼ teaspoon pepper
Tabasco sauce, to taste
10 corn tortillas

Cooking day instructions: Bring chicken breasts to boil in water with onion, garlic, and cilantro sprigs. Reduce heat and simmer until chicken is tender, about 10 minutes. Remove chicken from broth and cool; shred meat; strain broth. Add 1 1/3 cups chicken broth to enchilada sauce; set aside.

For filling, combine chicken, 2 cups cheese, green onions, and chopped cilantro leaves with salt, pepper, and Tabasco sauce to taste. Add 1 cup enchilada sauce/broth mixture to moisten filling.

To assemble, warm tortillas on hot skillet or griddle until flexible, turning once. Dip each corn tortilla in enchilada sauce mixture until coated on each side and lay flat. Fill with 2-3 tablespoons chicken filling and roll tortilla. Place filled tortillas, seam side down, in lined 9x13 baking dish. Spoon remaining sauce over filled tortillas; sprinkle with remaining 2 cups cheese. May be frozen.

Serving day instructions: Thaw completely. Bake at 350° for 25-35 minutes, until sauce bubbles and cheese is melted. Top with your choice of lettuce, tomato, sour cream, and sliced avocados.

Yield: 10 servings

Chicken Enchiladas

1 cup onion, chopped
½ cup green pepper, chopped
2 tablespoons butter or margarine
2 cups cooked chicken or turkey
1 (4 oz) can green chili peppers, chopped
3 tablespoons butter or margarine
¼ cup flour
1 teaspoon ground coriander
¾ teaspoon salt
2 ½ cups chicken broth
1 cup sour cream
6 oz (1 ½ cups) Monterey Jack cheese, shredded
12 6-inch tortillas

Cooking day instructions: Cook onion and green pepper in 2 tablespoons butter until tender. Combine onion mixture in a bowl with chicken and chili peppers; set aside.

For sauce, melt 3 tablespoons butter and stir in flour, coriander, and salt. Stir in chicken broth all at once; cook and stir until thickened and bubbly. Cook and stir 1-2 minutes more. Remove from heat; stir in sour cream and ½ cup of cheese. Stir ½ cup of sauce into chicken mixture.

Dip each tortilla in remaining sauce to soften; fill each with about ¼ cup of chicken mixture. Roll up. Arrange rolls in a lined baking dish for freezing. Pour remaining sauce over enchiladas and sprinkle with remaining cheese. May be frozen.

Serving day instructions: Thaw completely. Bake uncovered at 350° for about 25 minutes or until bubbly.

Yield: 12 enchiladas

Chicken Fantastic

6 boneless chicken breasts, cooked and cubed
2 (6 oz) boxes herbed wild rice, cooked according to directions
2 (14 ½ oz) cans French green beans, drained
2 (10 ¾ oz) cans cream of celery soup
½ cup mayonnaise
2 (8 oz) cans sliced water chestnuts, cut slices in half
Salt and pepper to taste
1 cup plain breadcrumbs
3 oz grated Parmesan cheese
1 (2 ¼ oz) package sliced almonds, toasted

Mix first seven ingredients together. Put into 2 8x8-inch disposable foil pans that have been sprayed with PAM. Combine crumbs and cheese together; sprinkle on top of casseroles. Sprinkle almonds on top.

Freezing instructions: As indicated above, this recipe will make 2 8x8-inch casseroles. After assembling, wrap thoroughly in plastic wrap, being careful to remove as much air as possible. Then wrap tightly in heavy-duty foil. Put in zip-lock bag made for freezer storage (Regular aluminum foil will not prevent freezer burn.)

Cooking instructions: Thaw, heat covered at 350° for 30-45 minutes. Uncover and heat additional 5-10 minutes.

Chinese Chicken Morsels

1 pound boneless, skinless chicken breasts (2 cups)

Marinade

½ cup lemon juice

¼ cup soy sauce

¼ cup Dijon mustard

2 teaspoons vegetable oil

¼ teaspoon cayenne pepper

1 cup regular, uncooked rice

Cut chicken breasts (kitchen scissors work best) into 1-inch cubes. Mix lemon juice, soy sauce, mustard, oil, and pepper. Put marinade and chicken cubes in a 1-gallon bag and store in freezer.

To prepare for serving, thaw chicken and remove from marinade. Warm marinade in a small saucepan. Place cubes about an inch apart on broiler pan treated with nonstick spray. Broil 4-5 inches from heat for 7 minutes, brushing with marinade once. Turn chicken cubes and broil another 4 minutes. Meanwhile, prepare rice according to package directions. Heat remaining marinade and serve over rice.

Yield: 6 servings

Classic Chicken Pot Pie

CRUST:

1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box

FILLING:

1/3 cup butter or margarine

1/3 cup chopped onion

1/3 cup all-purpose flour

½ teaspoon salt

¼ teaspoon pepper

1 ¾ cups Progresso® chicken broth (from 32-oz carton)

½ cup milk

2 ½ cups shredded cooked chicken or turkey

2 cups Green Giant® Valley Fresh Steamers™ frozen mixed vegetables, thawed

Heat oven to 425°. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan.

In 2-quart saucepan, melt butter over medium heat. Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt, and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened.

Stir in chicken and mixed vegetables. Remove from heat. Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust.

Bake 30-40 minutes or until crust is golden brown. During last 15-20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Let stand 5 minutes before serving.

Yield: 6 servings

Colorado White Chili

1 tablespoon cooking oil
1 medium onion (½ cup), chopped
4 large cloves garlic, minced
1 (4.5 oz) can diced green chiles (mild or hot)
1 tablespoon cumin (powder or seed)
2 teaspoons oregano
½ teaspoon ground red pepper
¼ teaspoon ground cloves
1 (15.5 oz) can great northern beans (do not drain)
1 (15.5 oz) can sweet corn (or frozen)
2 cups cooked chicken, chopped
5 cups chicken broth

Serving day:

Shredded Monterey Jack cheese
Sour cream
Tortilla chips

Cooking day instructions: In a large pan (or Dutch oven), combine oil, onion, garlic, and green chiles. Sauté until tender, but do not brown. Stir in spices, beans, corn, chopped chicken, and chicken broth. Cook and stir until heated through. Adjust seasonings to taste. May be frozen.

Serving day instructions: Thaw completely. Simmer until heated through. Serve in bowls with cheese, sour cream, and tortilla chips. For extra “kick,” garnish with jalapeno slices.

Hint: If using dry beans: To prepare dry beans, rinse 1 pound beans. In Dutch oven, combine beans and 4 cups water. Bring to boiling; reduce heat. Cover and let stand for 1 hour. (Or soak beans in cold water overnight in a covered pan.) Drain and rinse beans. Combine beans, ¼ cup onion, chicken broth and garlic. Bring to boiling; reduce heat. Cover and simmer for about 1 hour or until beans are tender. Then add remaining ingredients, and continue cooking following Cooking Day Instructions above.

Substitution: Reduced-sodium chicken broth can be used.

Yield: 6-8 servings

Easy Bistro Chicken

2 teaspoons oil
3 cups sliced fresh mushrooms
1 medium onion, chopped
1 can (15 oz) stewed tomatoes, undrained
¼ cup Kraft® Zesty Italian Dressing
3 tablespoons tomato paste
4 small boneless skinless chicken breast halves (1 pound)
1 cup Kraft® low-Moisture Part-Skim Mozzarella Cheese
2 slices Oscar Meyer® Fully Cooked Bacon, crumbled

Heat oil in large nonstick skillet on medium-high heat. Add mushrooms and onions; cook 5 minutes, stirring occasionally. Stir in tomatoes, dressing, and tomato paste.

Add chicken; cover. Reduce heat to medium-low. Simmer 12 minutes or until chicken is cooked through.

Sprinkle with cheese and bacon; simmer, uncovered 5 minutes or until cheese is melted.

Yield: 4 servings

Easy Chicken and Dumplings

- 1 can (19 oz) Progresso® chicken vegetable soup
- 2 Pillsbury® Grands® frozen buttermilk biscuits (from 25-oz bag)

In medium saucepan, heat soup just to boiling over medium-high heat. Meanwhile, place frozen biscuits on microwaveable plate. Microwave on high 15-30 seconds or just until biscuits begin to thaw. Cut each biscuit into 6 pieces.

Place biscuit pieces on top of simmering soup. Reduce heat to low; cover and simmer 6-7 minutes or until dumplings are fluffy and no longer doughy in center.

Yield: 2 servings

Herbed Chicken Parmesan

1/3 cup (1 ½ oz) grated fresh Parmesan cheese, divided
¼ cup dry breadcrumbs
1 tablespoon minced fresh parsley
½ teaspoon dried basil
¼ teaspoon salt, divided
1 large egg white, lightly beaten
1 pound chicken breast tenders
1 tablespoon butter
1 ½ cups bottled, fat-free tomato-basil pasta sauce
2 teaspoons balsamic vinegar
¼ teaspoon black pepper
1/3 cup (1 ½ oz) shredded provolone cheese

Preheat broiler.

Combine 2 tablespoons of Parmesan, breadcrumbs, parsley, basil, and 1/8 teaspoon salt in a shallow dish. Place egg white in a separate shallow dish. Dip each chicken tender in egg white; dredge in the breadcrumb mixture. Melt butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Set aside.

Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated. Pour the sauce over chicken in pan. Sprinkle evenly with the remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts.

Yield: 4 servings

One-Dish Rosemary Chicken and White Beans

2 teaspoons olive oil
1 ½ teaspoons dried rosemary
¼ teaspoon salt
¼ teaspoon black pepper
8 skinless, boneless chicken thighs
1 (14.5 oz) can stewed tomatoes, undrained
1 (15 oz) can navy beans, drained
¼ cup chopped pitted kalamata olives

Heat olive oil in a large skillet over medium-high heat. Combine rosemary, salt, and pepper; sprinkle over one side of chicken. Place chicken in pan, seasoned side down; cook 3 minutes. Reduce heat to medium; turn chicken. Add tomatoes and beans; cover and simmer 10 minutes or until chicken is done. Stir in olives.

Option: Can use cooked chicken or ground beef.

Yield: 4 servings

Stove-Top Barbequed Chicken

1 teaspoon vegetable oil
1 cup finely chopped onion
1/3 cup catsup
1/3 cup water
4 teaspoons white vinegar
4 teaspoons brown sugar
1 ½ teaspoons Worcestershire sauce
½ teaspoon chili powder
¼ teaspoon crushed celery seeds
2 pounds skinned chicken pieces
1 (16 oz) package spinach or wide egg noodles (use half)

Heat oil in a large, nonstick skillet; sauté onion until tender, about 5-10 minutes. Drain the oil. Stir in catsup, water, vinegar, brown sugar, Worcestershire sauce, chili powder, and celery seeds. Bring sauce to a boil. Add the chicken to the skillet, placing the side down that has the skin removed; spoon sauce over the pieces. Bring to a boil; reduce heat. Cover and simmer 30 minutes. Turn chicken pieces, and simmer covered for about 20 minutes more or until chicken is cooked through. Chicken and sauce may be frozen.

To prepare for serving, thaw chicken and sauce; put in a large skillet and cook over medium heat, stirring constantly until bubbly, about 20-25 minutes.

Cook half package of spinach or egg noodles according to directions; serve chicken over noodles.

Yield: 4 servings

Edamame with Pasta

½ pound bow tie pasta
4 slices bacon, diced (or Canadian bacon or turkey bacon)
1 cup leftover sautéed Edamame
Salt and freshly ground black pepper
2 tablespoons grated Parmesan, optional

Cook pasta according to box directions.

While pasta is cooking, sauté bacon in a medium skillet over medium-low heat until bacon is brown and crispy. Pour off half the excess bacon fat from the pan. Add the leftover soybeans and sauté for another 2 minutes. Add cooked pasta, season with salt and pepper and stir so that the pasta is thoroughly coated with bacon fat. Transfer to a serving bowl and top with Parmesan cheese, if desired.

Yield: 4 servings

Manicotti

8-10 manicotti shells
1 pound (2 cups) ricotta cheese
1 tablespoon parsley
1 egg, beaten
½ teaspoon salt
¼ teaspoon pepper
½ cup Parmesan cheese
½ cup mozzarella cheese

Serving Day

Marinara or spaghetti sauce
Parmesan cheese

Cooking day instructions: Cook manicotti shells according to package directions (see hint below). Mix all ingredients together and fill manicotti shells. Wrap shells in plastic wrap (2 or 3 together or see hint below). Freeze, using freezer bag method.

Serving day instructions: Pour sauce over bottom of ungreased baking dish. Lay stuffed manicotti noodles on top of sauce and top with leftover sauce. Then top with Parmesan cheese and bake at 425° for 30-35 minutes.

Hints: Slightly undercook manicotti shells when preparing for freezer. This will make it easier to fill them and prevent overcooking when reheated.

A pastry bag (or plastic bag with a corner cut off) is a great tool for filling manicotti shells quickly.

Most manicotti shells are stored in individual, lightweight plastic trays. After stuffing the shells, place them back into trays. Wrap thoroughly with plastic wrap, then place trays in freezer bag.

Yield: 8-10 servings

No Mess or Stress Stuffed Shells

- 1 box uncooked jumbo pasta shells
- 1 (26 oz) jar chunky tomato sauce with onion and garlic
- 1 (28 oz) can peeled whole tomatoes
- 1 package (8) uncooked pre-seasoned meatballs (or turkey or Italian sausage)
- 1 (15 oz) container ricotta cheese
- 3 tablespoons grated Parmesan
- ½ cup shredded provolone cheese
- 1 egg
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 1 (8 oz) package shredded mozzarella cheese (whole milk)

Preheat oven to 350°.

Prepare shells according to the directions on the box. After cooking, shock in an ice bath.

In a large bowl, combine tomato sauce and can of peeled whole tomatoes. Break up the tomatoes with a fork. Add 4 of the meatballs to the sauce and break up with a fork.

In a medium bowl, combine the ricotta, Parmesan, shredded provolone, egg, basil, and Italian seasoning. Stir until well blended.

Pour the ricotta cheese mixture into a resealable bag. Cut one corner of the bag and use it to fill each pasta shell with cheese mixture.

Pour 2 inches of the sauce and meatball mixture into a 9x13-inch or 10-inch round baking dish. Add 12 cheese stuffed shells, top with ¼ cup of the mozzarella cheese and pour half of the remaining sauce mixture over the shells. Place the remaining 12 stuffed shells on top, add remaining sauce mixture and top with remaining mozzarella cheese. Slice the remaining 4 meatballs in half and place around the perimeter of the baking dish.

Cover with foil and place in oven and bake for 50 minutes to 1 hour. Remove from oven and let cool 5 minutes before serving.

Yield: 6 servings

Pasta Skillet with Tomatoes and Beans

2 teaspoons olive oil
2 cups chopped tomato
2 garlic cloves, minced
3 cups hot cooked angel hair (about 6 oz uncooked pasta)
½ cup chopped fresh basil
½ teaspoon salt
¼ teaspoon black pepper
1 (15 ½ oz) can chickpeas (garbanzo beans), drained
½ cup (2 oz) grated Asiago cheese
2 tablespoons balsamic vinegar
Basil sprigs (optional)

Heat oil in a large nonstick skillet over medium-high heat. Add tomato and garlic, and sauté 2 minutes. Add pasta, basil, salt, pepper, and chickpeas; cook 2 minutes. Place mixture in a bowl; stir in cheese and vinegar, and garnish with basil, if desired.

Optional: Could add diced chicken

Yield: 4 servings

Pasta with Chickpeas and Garlic Sauce

2 teaspoons olive oil
2 garlic cloves, peeled and crushed
 $\frac{3}{4}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon crushed red pepper
1 (15.5 oz) can chickpeas (garbanzo beans), drained
1 (14 oz) can fat-free, less-sodium chicken broth
1 $\frac{1}{2}$ cups uncooked medium seashell pasta (about 6 oz)
 $\frac{1}{2}$ cup grape tomatoes, halved
2 garlic cloves, minced
1 tablespoon minced fresh parsley
1 tablespoon fresh lemon juice
3 tablespoons shredded Parmigiano-Reggiano cheese

Heat oil in a medium saucepan over medium heat. Add crushed garlic; sauté 1 minute. Add salt, pepper, chickpeas, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes.

While garlic mixture simmers, cook pasta in boiling water 9 minutes, omitting salt and fat; drain well.

Place chickpea mixture in a food processor, and process until smooth. Combine chickpea mixture, pasta, tomatoes, minced garlic, fresh parsley, and lemon juice; toss well. Sprinkle with cheese. Serve immediately.

Yield: 4 servings

Penne with Chicken, Broccoli, and Cheese

1 cup broccoli florets, divided into tiny sprigs
¼ cup butter
2 skinless chicken breast halves, cut into thin strips
2 garlic cloves, crushed
Salt and black pepper, to taste
3 ½ cups penne pasta
½ cup dry white wine
1 cup heavy cream
3 ½ oz Gorgonzola cheese, rind removed and diced small
Parmesan cheese, freshly grated

Plunge broccoli in a saucepan of boiling salted water. Return to a boil and boil for 2 minutes, then drain in colander under cold running water. Shake to remove surplus water and set aside to drain completely.

Melt butter in a large skillet or saucepan. Add chicken and garlic, with salt and pepper to taste; stir well. Fry over medium heat for 3 minutes or until chicken becomes white. Meanwhile, begin cooking pasta according to package instructions.

Pour wine and cream over chicken mixture in pan. Stir to mix, then simmer, stirring occasionally, for about 5 minutes, until sauce has reduced and thickened. Increase heat, add broccoli, and toss to heat through. Taste for seasoning and adjust if necessary.

Drain pasta and add it to sauce. Add Gorgonzola and toss well. Top with Parmesan cheese and serve immediately.

Yield: 4 servings

Spinach Lasagna

2 tablespoons olive oil, divided
1 medium onion, finely chopped
½ teaspoon crushed red pepper flakes
3 cloves garlic, minced
½ pound fresh mushrooms, sliced
1 (8 oz) can tomato sauce
1 (28 oz) can whole tomatoes, including liquid
1 (6 oz) can tomato paste
1 teaspoon salt
1 teaspoon oregano
½ teaspoon basil
½ cup red wine
1 egg
1 (10 oz) pkg frozen chopped spinach, thawed and well drained
1 cup ricotta cheese
½ cup freshly grated Parmesan cheese
8 oz lasagna noodles, cooked and drained
1 pound mozzarella cheese, grated

Cooking day instructions: In a large sauté pan, heat 1 tablespoon oil. Sauté onion, red pepper flakes, and garlic.

Add mushrooms and sauté gently. Blend in tomato sauce, canned tomatoes with liquid, tomato paste, salt, oregano, basil, and wine. Simmer about 1 minutes, breaking tomatoes into small pieces as mixture cooks.

In medium bowl, mix egg with spinach, ricotta cheese, Parmesan cheese, and remaining 1 tablespoon oil.

Line 9x 13-inch baking dish. To assemble, pour half of sauce into baking dish. Cover with half of lasagna noodles. Spread entire spinach mixture over lasagna noodles. Sprinkle with half of mozzarella cheese. Repeat, layering with remaining lasagna, then sauce, and ending with remainder of mozzarella cheese. Cool completely. Freeze using foil and plastic wrap method.

Serving day instructions: Remove lasagna from freezer and thaw slightly. Remove foil and plastic wrap from still-frozen lasagna, and return lasagna to original baking dish. Finish thawing.

Bake at 350° for 1 hour.

Option: Prepared spaghetti sauce may be substituted for the tomato sauce recipe above.

Yield: 6-8 servings

Tex-Mex Lasagna

¾ cup bottled salsa
1 ½ teaspoons ground cumin
1 (14.5 oz) can no-salt-added diced tomatoes
1 (8 oz) can no-salt-added tomato sauce
Cooking spray
6 pre-cooked lasagna noodles
1 cup frozen whole-kernel corn, thawed
1 (15 oz) can black beans, rinsed and drained
2 cups (8 oz) pre-shredded reduced-fat 4-cheese Mexican blend cheese
¼ cup chopped green onions

*You can add cooked ground beef or cooked chicken.

Preheat oven to 450°.

Combine first 4 ingredients; spread 2/3 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with ½ cup corn and half of beans. Sprinkle with ½ cup cheese; top with 2/3 cup sauce. Repeat layers once; top with remaining two noodles. Spread remaining sauce over noodles. Sprinkle with remaining 1 cup cheese.

Cover and bake at 450° for 30 minutes or until noodles are tender and sauce is bubbly. Let stand 15 minutes. Sprinkle with onions.

Yield: 4 servings

Three Cheese Chicken Pasta

8 oz wide egg noodles
½ cup butter
½ cup all-purpose flour
1 teaspoon salt
½ teaspoon pepper
1 tablespoon fresh basil or 1 teaspoon dried basil
4 cups chicken broth (reserved from cooked chicken)
6 boneless chicken breasts (carrots, celery seed, and onion for boiling)
24 oz 2% milkfat small curd cottage cheese
1 large egg
2 cups shredded mozzarella cheese
¾ cup grated Parmesan cheese
Paprika
Parsley

Cook chicken breasts in water for 30 minutes with above mentioned vegetables. Cut into bite size pieces. Cook noodles in chicken broth left over from chicken. Drain, reserving liquid, and set aside.

Melt butter, stir in flour, salt, pepper, and 4 cups of the reserved chicken broth. Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in chopped chicken.

In a separate bowl, mix cottage cheese, egg, and basil.

Spray 2 8x8-inch disposable foil casserole pans with PAM. Spoon ¼ noodles in bottom of each pan. Next spoon cottage cheese mixture in each of the pans. Then, spoon ½ cup mozzarella cheese and ¼ chicken broth mixture.

Repeat layers. Sprinkle Parmesan cheese equally on top of each casserole and then add paprika and parsley for color.

Freezing instructions: As indicated above, this recipe will make 2 8x8-inch casseroles. After assembling, wrap thoroughly in plastic wrap, being careful to remove as much air as possible. Then wrap tightly in heavy-duty foil. Put in zip-lock bag made for freezer storage (Regular aluminum foil will not prevent freezer burn.)

Cooking instructions: Thaw, heat covered at 350° for 30-45 minutes.

Three-Cheese Chicken Penne Florentine

1 teaspoon olive oil
Cooking spray
3 cups thinly sliced mushrooms
1 cup chopped onion
1 cup chopped red bell pepper
3 cups chopped fresh spinach
1 tablespoon chopped fresh oregano
¼ teaspoon freshly ground black pepper
1 (16 oz) carton 2% low-fat cottage cheese
4 cups hot cooked penne (about 8 oz uncooked tube-shaped pasta)
2 cups shredded roasted skinless, boneless chicken breast
1 cup (4oz) shredded reduced-fat sharp cheddar cheese, divided
½ cup (2 oz) grated fresh Parmesan cheese, divided
½ cup 2% reduced-fat milk
1 (10 ¾ oz) can condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted

Preheat oven to 425°.

Heat olive oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add mushrooms, onion, and bell pepper; sauté 4 minutes or until tender. Add spinach, oregano, and black pepper; sauté 3 minutes or just until spinach wilts.

Place cottage cheese in a food processor; process until very smooth. Combine spinach mixture, cottage cheese, pasta, chicken, ¾ cup cheddar cheese, ¼ cup Parmesan cheese, milk, and soup in a large bowl. Spoon mixture into a 2-quart baking dish coated with cooking spray. Sprinkle with remaining ¼ cup cheddar cheese and remaining ¼ cup Parmesan cheese.

Bake at 425° for 25 minutes or until lightly browned and bubbly.

Yield: 8 servings

Two-Step Macaroni and Cheese

½ cup 1% low-fat milk

¼ teaspoon dry mustard

¼ teaspoon black pepper

6 oz processed cheese (such as Velveeta), cubed

4 cups hot cooked elbow macaroni (about 8 oz uncooked pasta)

Combine the first 4 ingredients in a large saucepan over medium heat, stirring frequently; cook until smooth. Remove from heat; stir in macaroni. Serve immediately.

Option: You can add cooked broccoli or canned tuna with a little cheddar and Parmesan on top and bake at 400° for 10-15 minutes.

Yield: 4 servings

Broiled Tilapia with Thai Coconut-Curry Sauce

1 teaspoon dark sesame seed oil, divided
2 teaspoons minced peeled fresh ginger
2 garlic cloves, minced
1 cup finely chopped red bell pepper
1 cup chopped green onions
1 teaspoon curry powder
2 teaspoons red curry paste
½ teaspoon ground cumin
4 teaspoons low-sodium soy sauce
1 tablespoon brown sugar
½ teaspoon salt, divided
1 (14 oz) can light coconut milk
2 tablespoons chopped fresh cilantro
4 (6 oz) tilapia fillets
Cooking spray
3 cups hot cooked basmati rice
4 lime wedges

Preheat broiler.

Heat ½ teaspoon oil in a large nonstick skillet over medium heat. Add ginger and garlic; cook 1 minute. Add pepper and onions; cook 1 minute. Stir in curry powder, curry paste, and cumin; cook 1 minute. Add soy sauce, sugar, ¼ teaspoon salt, and coconut milk; bring to a simmer (do not boil). Remove from heat; stir in cilantro.

Brush fish with ½ teaspoon oil; sprinkle with ¼ teaspoon salt. Place fish on a baking sheet coated with cooking spray. Broil 7 minutes or until fish flakes easily when tested with a fork. Serve fish with sauce, rice, and lime wedges.

Yield: 4 servings

Black Bean Burrito Bake

1 (7 oz) can chipotle chiles in adobo sauce
½ cup reduced fat sour cream
1 (15 oz) can black beans, rinsed, drained, and divided
1 cup frozen whole-kernel corn, thawed
4 (8-inch) flour tortillas
Cooking spray
1 cup bottled salsa
½ cup (2 oz) shredded Monterey Jack cheese

Preheat oven to 350°.

Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use. Combine sour cream and chile in a medium bowl; let stand 10 minutes.

Place half of the beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.

Spoon ½ cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350° for 20 minutes or until thoroughly heated.

Option: Can add cooked chicken or ground beef.

Yield: 4 servings

Hash Brown Casserole

2 pound bag frozen hash browns
1 pint sour cream
2 cans cream of chicken soup
1/3 cup chopped onion

Serving Day

12 oz grated cheddar cheese

Cooking day instructions: Mix together hash browns, sour cream, soup, and onion, and place in lined 9x13 dish. Freeze, using the foil and plastic wrap method.

Serving day instructions: Thaw completely. Bake at 350° for 1½ hours. Top with cheese during the last half hour.

Yield: 8-10 servings

Quiche with Asparagus, Green Onion, and Goat Cheese

CRUST:

3.9 ounces all-purpose flour (about $\frac{3}{4}$ cup + 2 tablespoons)
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup chilled butter, cut into small pieces
1 tablespoon ice water
Cooking spray

FILLING:

2 tablespoons butter
12 ounces asparagus, chopped
 $\frac{1}{2}$ teaspoon salt, divided
 $\frac{1}{4}$ teaspoon freshly ground black pepper, divided
1 cup sliced green onions
4 ounces soft goat cheese, crumbled
3 large eggs
1 large egg yolk
 $\frac{3}{4}$ cup 2% reduced-fat milk
Dash of grated fresh nutmeg

To prepare crust, weigh or lightly spoon flour into dry measuring cup; level with a knife. Combine flour and $\frac{1}{4}$ teaspoon salt in a food processor; pulse 2 times or until combined. Add $\frac{1}{4}$ cup chilled butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball).

Preheat oven to 425°.

Press dough gently into a 4-inch circle on plastic wrap. Cover and chill 20 minutes. Slightly overlap two sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover with two additional sheets of overlapping plastic wrap. Roll dough, still covered, into an 11-inch circle. Place dough in freezer 5 minutes or until plastic wrap can be easily removed.

Remove two sheets of plastic wrap; let stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate lightly coated with cooking spray. Remove remaining plastic wrap. Press dough into bottom and up sides of pan; fold edges under and flute. Line pastry with foil; place pie weights or dried beans on foil. Bake at 425° for 15 minutes or until lightly browned. Remove weights and foil. Reduce oven temperature to 350°. Bake crust an additional 5 minutes or until pastry is golden. Remove pan from oven, and cook on a wire rack.

To prepare filling, melt 2 tablespoons butter in a large skillet over medium-high heat. Add asparagus to pan. Sprinkle $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper over asparagus; sauté 8 minutes or until crisp-tender, stirring frequently. Add onions; sauté 2 minutes or until asparagus just begins to brown. Remove from

heat. Spoon asparagus mixture into prepared shell in an even layer. Arrange goat cheese in an even layer over asparagus mixture.

Combine eggs, egg yolk, and milk. Stir in remaining $\frac{1}{4}$ teaspoon salt, remaining $\frac{1}{8}$ teaspoon pepper and nutmeg. Pour custard into pie plate. Bake at 350° for 30 minutes or until quiche is almost set in the center. Remove from heat, and cool 5 minutes on a wire rack before slicing.

Three-Bean Chili

2 tablespoons olive or vegetable oil
1 medium yellow skinned onion, chopped
1 large red pepper, seeded and chopped
1 large green pepper, seeded and chopped
1 large jalapeno pepper, seeded and chopped
4 cloves garlic, crushed and chopped
1 cup pale beer or vegetable stock/broth
1 (32 oz) can crushed tomatoes
1 (14 oz) can black beans
1 (14 oz) can dark red kidney beans
1 tablespoon ground cumin
2 tablespoons chili powder
1 tablespoon cayenne hot pepper sauce, several drops
1 teaspoon coarse salt
1 cup spicy vegetarian refried beans

Toppings:

8 oz (2 cups shredded) spicy Monterey Jack or smoked cheddar
Chopped scallions, whites and greens
Diced fresh seeded plum tomato
Blue and red corn tortilla chips or black bean tortilla chips, for dipping

Over moderate heat, add oil to a deep pot and combine onion, peppers, and garlic. Sauté for 3-5 minutes to soften vegetables. Deglaze pan with beer or broth, add tomatoes, black beans, red kidney beans, stirring to combine.

Season chili with cumin, chili powder, hot sauce, and salt. Thicken chili by stirring in refried beans. Simmer over low heat about 5 -10 minutes longer, then serve up bowls of chili and top with shredded cheese, scallions, and tomatoes. Place bowls on charger plates piled with assorted tortilla chips.

Yield: 4 servings

Tofu Fried Rice

2 cups uncooked instant rice
2 tablespoons vegetable oil, divided
1 (14 oz) pkg reduced-fat firm tofu, drained and cut into ½-inch cubes*
2 large eggs, lightly beaten
1 cup (1/2-inch thick) slices green onions
1 cup frozen peas and carrots, thawed
2 teaspoons bottled minced garlic
1 teaspoon bottled minced fresh ginger
2 tablespoons sake (rice wine)
3 tablespoons low-sodium soy sauce
1 tablespoon hoisin sauce
½ teaspoon dark sesame seed oil
Thinly sliced green onions (optional)

Cook rice according to package directions, omitting salt and fat.

While rice cooks, heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Add tofu; cook 4 minutes or until lightly browned, stirring occasionally. Remove from pan. Add eggs to pan; cook 1 minute or until done, breaking eggs into small pieces. Remove from pan. Add 1 tablespoon oil to pan. Add 1 cup onions, peas and carrots, garlic and ginger; sauté 2 minutes.

While vegetable mixture cooks, combine sake, soy sauce, hoisin sauce, and sesame oil. Add cooked rice to pan; cook 2 minutes, stirring constantly. Add tofu, egg, and soy sauce mixture; cook 30 seconds, stirring constantly. Garnish with sliced green onions, if desired.

* Could omit tofu.

Yield: 4 servings

Creamy Chicken Noodle Soup

1 store-bought roasted chicken
1 cup diced onions
1 cup diced celery
1 cup diced carrot
4 (14 oz) cans chicken broth
2 (10.75 oz) cans condensed cream of mushroom soup with roasted garlic
1 teaspoon thyme
Salt and pepper
2 cups egg noodles, cooked

Remove the skin from the chicken and shred the meat from the bone. Put the chicken into a slow cooker along with the onions, celery, and carrots. Stir in broth, mushroom soup, and thyme. Season with salt and pepper. Cover and cook on high setting for 3 – 4 hours or low for 8 – 9 hours.

When soup is finished, stir in egg noodles. Adjust seasonings and serve.

Yield: 8 servings

Quick Fall Minestrone

1 tablespoon vegetable oil
1 cup chopped onion
2 garlic cloves, minced
6 cups vegetable broth
2 ½ cups (¾-inch) cubed, peeled butternut squash
2 ½ cups (¾-inch) cubed, peeled baking potato
1 cup (1-inch) cut green beans (about ¼ pound)
½ cup diced carrot
1 teaspoon dried oregano
½ teaspoon freshly ground black pepper
¼ teaspoon alt
4 cups chopped kale
½ cup uncooked orzo (rice-shaped pasta)
1 (16 oz) can cannellini beans or other white beans, rinsed and drained
½ cup (2 oz) grated fresh Parmesan cheese

Heat the oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 2 ½ minutes or until tender. Add broth and the next 7 ingredients (broth through salt); bring to a boil. Reduce heat, and simmer 3 minutes. Add kale, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender. Sprinkle with cheese.

Yield: 8 servings

White River Sour Cream Cornbread

¾ cup flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 ¼ cups cornmeal
1 egg, slightly beaten
1 ¼ cups sour cream
1/3 cup vegetable oil

Cooking day instructions:

Preheat oven to 400°.

Sift together flour, sugar, baking powder, baking soda, and salt in a medium bowl. Stir in cornmeal. In separate bowl, combine egg, sour cream, and vegetable oil. Add to dry ingredients until moistened. Pour into greased 8-inch square pan.

Bake for 15-18 minutes. For muffins, bake for approximately 12 minutes, or until knife inserted in center comes out clean. Do not overbake.

May be frozen.

Serving day instructions:

Remove cornbread from freezer and allow to thaw to room temperature until served.

Yield: 16 servings

Classic Crumb Cake

Crumb Topping:

2 cups flour
½ cup sugar
½ cup light brown sugar, packed
1 ½ teaspoon grated cinnamon
1 cup (2 sticks) margarine or butter, softened

Cake:

2 ¼ cups flour
2 ¼ teaspoons baking powder
½ teaspoon salt
1 ¼ cups sugar
½ cup (1 stick) margarine or butter, softened
3 large eggs
¾ cup milk
2 teaspoons vanilla extract

Cooking day instructions: This recipe should be made in single batches, as it doesn't always rise correctly when doubled.

Preheat oven to 350°. Grease and flour two 9-inch round cake pans.

For crumb topping: In medium bowl, mix flour, sugar, brown sugar, and cinnamon until well blended. With fingertips or pastry blender, work in margarine or butter until evenly distributed. Set aside.

For cake: In another medium bowl, mix flour, baking powder, and salt; set aside. In large bowl, with mixer at low speed, beat sugar with margarine or butter until blended, scraping bowl often. Increase speed to medium; beat until well mixed, about 2 minutes, occasionally scraping bowl. Reduce speed to low; add eggs, 1 at a time, beating well after each addition. Combine milk and vanilla. On low speed, alternately add the flour mixture and milk mixture. Scrape bowl occasionally. Pour batter in pans.

With hand, press crumb topping into vary large chunks and evenly sprinkle over batter. Bake cakes 40-45 minutes, until toothpick inserted in center comes out clean. Cool cakes in pans on wire racks 15 minutes. With small spatula, loosen cake from side of pan. Invert onto plate, then immediately invert onto wire rack to cool completely, crumb side up. May be frozen.

Serving day instructions: Thaw completely. Cake can be reheated in microwave or oven until warm.

Yield: two 9-inch crumb cakes, 10 servings each

Friendly Freezer Guidelines

1. Use disposable foil pans, preferably 8x8, pie-size, or bread loaf size.
2. Use your own favorite recipes or suggested recipes.
3. **Freezing Instructions:** Once you've prepared your food item, wrap thoroughly in plastic wrap, being careful to remove as much air as possible. Then wrap tightly in **heavy duty** aluminum foil. (Regular aluminum foil will not prevent freezer burn.) Put in plastic storage bag made for freezer use.
4. **Labeling Instructions:** On a sheet of paper, list the **name** of the casserole, a list of the **major ingredients** and the **cooking instructions**. Tape this list to the top of the freezer bag. We will transfer the information to the Friendly Freezer labels.