

# ***OUR COOKBOOK***



***BEGINNINGS AND BEYOND***

***Revised 10/2022***

# MENU ITEMS

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W. W. FRENCH TOAST

CASSEROLE

## **GROUND BEEF AND CHICKEN PREPARATION INSTRUCTIONS**

### **GROUND BEEF AND GROUND TURKEY IN THE OVEN**

To brown 5 pounds of meat.

1. Preheat oven to 400 degrees.
2. Use 2 large baking pans. One on top rack and one on bottom rack.
3. Put approx. 2 ½ lb. meat in each pan and break up with meat chopper.
4. Set oven timer for 15 minutes. Bake. Remove from oven
5. Use meat chopper to break up meat in the pan.
6. Set oven timer for another 15 minutes. Bake. Remove from oven.
7. Juices need to evaporate before meat is done.
8. Bake additional 15 minutes until browned.
9. Let cool enough and using food safe gloves, break up clumps with hands.

### **POACHING CHICKEN IN SIMMERING WATER**

Cook chicken breasts in simmering water approximately 12 to 15 minutes depending on the thickness of the breasts. Cut to check to see that there is no more pink visible. Cook before shredding or cubing.

**BEEF BURGER GOULASH** (Rev. 9/22)

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg.			
	Servings:	10	20	40	50
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		1 cup	2 cups	4 cups	5 cups
Corn (frozen or canned)		1 cup	2 cups	4 cups	5 cups
Tomato sauce		1 cup	2 cups	4 cups	5 cups
Dried Oregano		1/2tsp	1tsp	2tsp	2- 1/2ts
Garlic powder		1/4tsp	1/2tsp	1tsp	1- 1/4ts
Shredded cheddar cheese		1 cup	2 cups	4 cups	5 cups
Salt and Pepper to taste					
Egg noodles, cooked		2-1/2c	5cups	10cups	12-1/2c
Vegetable of Choice as a side		2 cups	4 cups	8 cups	10 cups

Cook noodles according to package directions . Put aside.

Brown ground beef and onions in oven. (See browning instructions) Drain fat.

Add corn and tomato sauce to meat mixture in the pan, along with salt, pepper and seasonings. Put back in the oven and heat until heated through. When hot, add cheese and stir until melted.

Serve over noodles.

## CHEESEBURGER-ONI

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	10	20	40	50
Ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		1/2 cup	1 cup	2 cups	2-1/2 c
Garlic Powder		2 tsp	4 tsp	2-2/3 Tb	3-1/3 Tb
Onion Powder		2 tsp	4 tsp	2-2/3Tb	3-1/3Tb
Salt & Black Pepper to taste (approx.)		1/8 tsp	¼ tsp	½ tsp	½ tsp
Elbow Macaroni		8 oz.	1 lb.	2 lb.	2 ½ lb.
Shredded cheddar cheese		1 cup	2 cups	4 cups	5 cups
Sour Cream		¼ cup	½ cup	1 cup	1 ¼ cups

Cook macaroni according to package directions. Put aside.

Mix ground beef with onions, garlic powder, onion powder, salt and pepper. Brown ground beef mixture in a 400% oven until browned and well done. Stir frequently to break up clumps. (See browning instructions.) Drain fat if any.

Remove pan from oven. Add macaroni, shredded cheddar cheese and sour cream to the pan. Stir to combine.

## **MEATBALLS IN BROWN SAUCE**

**Per Serving: 1-1/2 ounces = 1 serving**

Meatballs (favorite recipe or prepared frozen)

1/2 stick butter

1 tsp. tomato paste

2 Tbs. flour or more

1 cup beef broth or 1 cup water into which 1 beef cube has been dissolved.

Melt butter in the oven in a large baking pan. Remove pan from oven and add meatballs and cook until brown. When meatballs are cooked thoroughly, remove from pan. Retain drippings in the pan. Add tomato paste to pan with the drippings. Stir. Add 2 Tbs. flour and stir to mix thoroughly. Add 1 cup beef broth. Heat until sauce thickens. Add cooked meatballs and serve.

To make additional gravy: Mix 1 cup COLD water or COLD beef broth, 1 tsp. tomato paste and 2 Tbs. flour to make a paste, then add some of the hot gravy to the paste. Slowly add this to the pan and stir constantly to avoid lumps. If using water, add 1 additional beef cube per cup of water to pan. Add meatballs and simmer slowly to heat through.

## **MINI MEATBALL SUBS**

**Per Serving: 1-1/2 oz. Meat/Meat Alt.**

Hot Dog Buns

1 ½ Ounce Meatballs (Turkey or Beef)

Pasta Sauce

Mozzarella Cheese, shredded

Place frozen (pre-cooked) meatballs in a large pot with enough pasta sauce to cover. Mix well. Heat through. Watch carefully to prevent scorching.

Put 3 meatballs in each hot dog bun. Sprinkle mozzarella cheese over meatballs.

Heat subs briefly in a 350 degree oven just until cheese melts.

Cut each sub in half to serve.



## **SIMPLE SALISBURY STEAK** (Rev. 10/22)

	Per Serving:	1-1/2 oz. Meat/Meat Alt.			
	Servings:	10	20	40	50
Lean ground beef		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		1/4 cup	1/2 cup	3/4 cup	1 cup
Breadcrumbs, dry		1/3 cup	2/3 cup	1-1/3 c	1-2/3 c
Eggs, beaten		1	2	4	4
Water		2 Tbs	¼ cup	½ cup	5/8 cup
Vegetable Oil		1 Tbs	2 Tbs	4 Tbs	5 Tbs
Cream of Mushroom Soup (10 oz can)		1	2	4	5

Thoroughly mix the beef, breadcrumbs, onion, egg and water in a bowl and shape firmly into 1/3 inch patties.

Spray a baking pan with cooking spray and cook patties in a 350 degree oven until brown, turning over once during baking. Make sure they are well browned on both sides.

Remove pan from oven and remove patties. Put aside. Add soup to the pan with enough water to thin to a gravy consistency. Mix well. Put patties back into the pan and cover with gravy. Cover the pan with foil and heat until patties are cooked through.

Serve over rice or noodles.

## ANGRY BIRD BAKED CHICKEN

**Per Serving: 1-1/2 oz. Meat/Meat Alt., 1 Grain, 1/2 C. Veg.**

<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Butter,melted	1/2Tb	1 Tbs	2 Tbs	2 1/2Tbs
Plain potato chips, crushed	2 oz	4 oz	8 oz	10 oz
4 ounces Cheddar cheese, grated	1/8 c	1/4 c	1/2 c	3/4 c
garlic powder (optional)	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Freshly ground black pepper, to taste				
Fresh parsley, chopped (for garnish - optional)				

Preheat oven to 350 degrees F.

Melt butter and brush over chicken.

Mix chips, cheese, garlic powder together and season with black pepper. Press mixture over chicken and place in an ovenproof casserole dish.

Bake in oven for 50 mins, or until chicken is tender.

## CHICKEN & NOODLES IN-A PAN

	Per Serving: 1-1/2 oz. Meat/Meat Alt., 1 Grain			
Servings:	10	20	40	50
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Egg Noodles	2 ½ c	5 c	10 c	12 ½ c
Cream of Chicken Soup (10.75 oz.)	1 can	2 cans	4 cans	5 cans
Cream of Mushroom Soup (10.75 oz)	1 can	2 cans	4 cans	5 cans
Sour Cream	1 c	2 c	4 c	5 c
Salt and Pepper to Taste				

Preheat oven to 350 degrees.

Simmer chicken in a large pot of water for about 15 minutes until no longer pink in center. Remove chicken but leave water in the pot. Cut chicken into bite-sized pieces.

Bring the chicken water to a boil. Stir in the egg noodles and cook about 10 min until just tender. Drain.

Combine both soups and sour cream. Season with salt and pepper. Add noodles and chicken and mix gently until all is combined.

Transfer to greased baking pan. Bake in preheated oven until heated through – about 30 minutes.

## CHICKEN AND DUMPLINGS

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	10	20	40	50
Boneless skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Water (Bring to a boil)		1-1/2 c	3 c	6 c	7-1/2c
Chicken Bouillon Cubes		2	3	6	7
Cream of Chicken Soup (10.75oz cans)		1	2	4	5
Poultry Seasoning		1/8tsp	1/4tsp	1/2tsp	5/8tsp
Frozen Peas and Carrots		1c	2c	4c	5c
Refrigerated Biscuits (7.5oz.cans)		1	2	4	5

Bring water to a boil. Meanwhile cube chicken breasts. Dissolve the bouillon cubes in the boiling water. Add chicken, cream of chicken soup and poultry seasoning. Bring to boiling again over medium-high heat. Reduce heat to low. Cover and simmer 5 minutes.

On a lightly floured surface, flatten biscuits to approximately an 8 inch thickness. Cut each biscuit into bite size pieces. Drop into boiling chicken mixture.

Add peas and carrots. Reduce heat to simmer. Cover and cook 15 to 20 minutes until vegetables are done, stirring occasionally to prevent dumplings from sticking.

## CHICKEN AND POTATO BAKE

	1-1/2 oz. Meat/Meat Alt. & Veg.			
Per Serving:	10	20	40	50
Servings:				
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Large potatoes, cut into wedges	4	8	16	20
Italian Dressing	1/4 c	1/2 c	1 c	1-1/4 c
Grated Parmesan cheese	1/4 c	1/2 c	1 c	1-1/4 c
Chopped parsley if desired				
Vegetable of Choice (As a side veg)	2-1/2 c	5 c	10 c	12-1/2 c

Preheat oven to 400 degrees. Place chicken and potatoes in a 13 x 9 inch baking dish. Pour dressing over chicken and potatoes; sprinkle with cheese.

Bake 1 hour or until chicken is cooked through (180 degrees). Sprinkle with chopped parsley if desired. **Serve with additional vegetable as a side.**

## **CHICKEN MELTIES**

	<b>Per Serving: 1-1/2 oz. Meat/Meat Alt., Grain</b>			
<b>Servings</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Chicken, Fresh or canned, shredded	9 oz	18 oz.	2-1/4 lb	3 lb
Mayonnaise, enough to moisten				
Whole Grain English Muffins	5	10	20	25
Cheddar Cheese, shredded	6 oz	12 oz	24 oz	30 oz

Halve English muffins and toast lightly. Mix mayonnaise with chicken, enough to moisten. Spread mixture evenly on toasted muffin halves. Sprinkle with Cheddar. Bake at 350 degrees until cheese is melted.

## CHICKEN PARMESAN

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Boneless, skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Beaten egg		1	2	4	5
Breadcrumbs		1/2 c	1 c	2 c	2-1/2 c
Tomato sauce		1 c +	2 c +	4c +	5 c +
Mozzarella cheese, shredded		1/2 c	1 c	2 c	2-1/2 c
Grated Parmesan cheese if desired					

Preheat oven to 350 degrees. Spray a cookie sheet with cooking spray. Cut chicken into strips about 1" thick. Dip each strip into beaten egg then breadcrumbs. Place on cookie sheet and bake until brown, turning once.

Remove from oven and cool slightly. Cut the baked chicken into cubes. Mix cubed chicken with tomato sauce and mozzarella. Spray a baking pan with cooking spray. Put mixture into pan, sprinkle with Parmesan if desired and bake until cheese melts.

## **CHICKEN WITH BROCCOLI AND LO MEIN NOODLES** (revised 10/2022)

**Per Serving: 1-1/2 oz. Meat/Meat Alt., & 1/2 c Veg & Grain**

<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Uncooked spaghetti	8 oz	1 lb	2 lb	2-1/2 lb
Vegetable oil	2 tsp	4 tsp	8 tsp	10 tsp
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Frozen broccoli, thawed & drained	5 c	10 c	20 c	25 c
Water, boiling	1/2 c	1 c	2 c	2-1/2 c
Chicken bouillon cube	1	2	4	5
Soy sauce	2 Tbs	1/4 c	1/2c	1/2c+2Tbs
Flour	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Sugar	1 tsp	2 tsp	4 tsp	5 tsp

Cut chicken into thin, bite-sized strips. Grease a large baking pan and bake in a 350 degree oven until pink but not dry.

Cook spaghetti to desired doneness. Drain. Cover to keep warm.

Cook broccoli until crisp tender. Drain. Add to chicken in baking pan.

Dissolve bouillon cube in the boiling water. In a small bowl, combine water mixture, soy sauce, flour and sugar; blend well. Stir into chicken mixture; cook and stir until thick and bubbly.

Serve chicken over hot cooked spaghetti or mix with chicken mixture to serve.



## CHICKEN, BROCCOLI AND CHEDDAR

	Per Serving: 1-1/2 oz. Meat/Meat Alt., 1 Grain, 1/2 C. Veg.			
Servings:	10	20	40	50
Chicken Breasts, Cooked, Shredded	1 lb	2 lb	4 lb	5 lb
Chopped Broccoli, Cooked	2 cups	4 cups	8 cups	10 cups
Cream of Chicken Soup (10.5 oz. cans)	2 cans	4 cans	8 cans	10 cans
Sour Cream	½ cups	1 cup	2 cups	2 ½ cups
Black Pepper – to taste				
Shredded cheddar cheese, divided	2 cups	4 cups	8 cups	10 cups
Breadcrumbs	1 ½ cups	3 cups	6 cups	7 ½ cups
Butter, melted	¼ cup	½ cup	1 cup	1 ¼ cups
Black Pepper to taste				

Preheat oven to 375 degrees.

Combine chicken, broccoli, soup, sour cream and pepper in a bowl. Mix in 1 cup of the cheddar cheese. Pour into a large casserole dish and top with remaining cheese.

Combine breadcrumbs and butter in a bowl. Sprinkle over casserole.

Bake preheated oven until bubbly and cheese is melted, 30 to 35 minutes.

## **CRISPY CHICKEN DINNER**

**Per Serving: 1-1/2 oz. Meat/Meat Alt. & 1/2 Cup Veg.**

<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Ritz Crackers	10	20	40	50
Grated Parmesan Cheese	3 Tbs	6 Tbs	12 Tbs	1 cup
Boneless skinless chicken breast	1 lb	2 lb	4 lb	5 lb
Vegetables (fresh or frozen) as a side	5 cups	10 cups	20 cups	25 cups

Preheat oven to 350 degrees. Spray a baking sheet with cooking spray. Slice chicken breast into 1" thick pieces. Finely crush crackers. Mix crumbs and Parmesan on a plate. Dip chicken in crumb mixture, turning over to evenly coat both sides of each chicken piece. Place on greased baking sheet.

Bake for 20 to 30 minutes or until cooked through. Serve with the vegetables and stuffing or rice.

*Cook's Note: For homemade stuffing, see BREAD section*

## **GOLDEN CRISPED CHICKEN**

**Per Serving:** 1-1/2 oz. Meat/Meat Alternate  
**Servings:** 10 20 40 50

Cornflake crumbs	10 Tbs	1-1/4 c	2-1/2 c	3 cups
Salt	3/4 tsp	1-1/2 tsp	1 Tbs	3-3/4 tsp
Pepper	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Boneless skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Evaporated milk	1/4 c	1/2 c	1 c	1-1/4 c

Preheat oven to 350 degrees. Cut chicken into strips. Mix cornflake crumbs with salt and pepper in a bowl. Line two 9 x 13 inch baking pans with aluminum foil. Dip chicken in milk then cornflake crumbs. Place chicken in pans. Do not crowd. Bake approx. 35 to 45 min or until tender and no longer pink. Remove from pans and serve.

## **INSIDE OUT CHICKEN POT PIE** (revised 10/2022)

**Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,**

**Servings:                    10            20            40            50**

Cream of chicken soup (10.75oz.cans)	1	1	2	3
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Olive Oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Frozen vegetable combination	5 cups	10 cups	20 cups	25 cups
Buttermilk biscuits, split	5	10	20	25

Preheat oven to 350 – 375 degrees. Grease large baking pan. Bake chicken until lightly browned and no longer pink. Remove from oven and let cool slightly to cut chicken into 1 inch pieces.

Stir the soup and vegetables into the pan along with the chicken, adding water to thin slightly if desired. Cover and cook for approximately 15 to 20 minutes or until the chicken is cooked through and vegetables are done.

Serve the chicken and sauce over the biscuits.

## **IRISH CHICKEN STEW** (revised f10/2022)

**Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,**  
**Servings:                    10            20            40            50**

Cream of chicken soup (10.75oz.cans)	1	1	2	3
Water	1-1/2 c	1-1/2 c	3 c	4-1/2c
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Large Potatoes, cubed	1	2	4	5
Celery, chopped	1/4 c	1/2 cup	1 cup	1-1/4c
Onions, chopped	1/2 c	1 c	2 c	2-1/2 c
Salt	1/4 tsp	1/2 tsp	1 tsp	1-1/4
tsp				
Poultry seasoning	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Ground black pepper	1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Frozen Peas and Carrots	3-1/2 c	6-1/2 c	13 c	16-1/2

Poach chicken in simmering water until no longer pink. Cool slightly. Cut chicken into bite-size pieces. In a large baking pan, combine soup, water, chicken, potatoes, celery, onion, salt, poultry seasoning and pepper. Cover and cook approximately 1 hour. Add peas and carrots and cook until vegetables are done. (Check potatoes for doneness).

## KID STYLE CHICKEN DIVAN

	Per Serving: 1-1/2 oz. Meat/Meat Alt., Veg.			
Servings:	10	20	40	50
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Cream of Broccoli Soup (10.75 oz.)	1 can	2 cans	4 cans	5 cans
Milk (1%)	1/3 c	2/3 c	1 1/3 c	1 2/3 c
Broccoli, Chopped	1/2 c	1 c	2 c	3 c
Cheddar Cheese, Shredded	1/2 c	1 c	2 c	3 c
Breadcrumbs, dried	2 Tbs	4 Tbs	8 Tbs	10 Tbs
Butter, melted	1 Tbs	2 Tbs	4 Tbs	5 Tbs

Preheat oven to 450 degrees.

Poach chicken in simmering water about 15 minutes until no longer pink inside and cube. Meanwhile cook broccoli in a saucepan with enough water to cover. Bring to a boil. Cook until tender. About 5 min. Drain.

Transfer cooked broccoli to greased baking pan. Cover with chicken.

Mix soup and milk together in a bowl. Pour over chicken mixture. Sprinkle with cheddar cheese and breadcrumbs which has been mixed with butter to form crumbs..

Bake until casserole is bubbly and top is golden brown, about 15 minutes.

## **KID'S FAVORITE CHILI** (revised 10/2022)

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alt. &amp; 1/2 c Veg.</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Ground turkey		1 lb.	2 lb.	4 lb.	5 lb.
Chopped onions		½ cup	1 cups	2 cups	2 ½ cups
Vegetarian beans (15 ¾ oz. can)		1 can	2 cans	4 cans	5 cans
Diced Tomatoes (14 ½ oz can)		1 can	2 cans	4 cans	5 cans
Condensed Tomato Soup (10 ¾ oz. can)		1 can	2 cans	4 cans	5 cans
Brown Sugar		1 Tbs	2 Tbs	4 Tbs	5 Tbs
Chili Powder		1 Tbs	2 Tbs	4 Tbs	5 Tbs

Brown turkey and onion in a 400 degree oven until turkey is no longer pink.

Remove pan from oven and stir in the remaining ingredients.

Lower oven temperature to 350 degrees. Return pan to oven and cook until heated through. Approximately 15 to 20 minutes.

## **MAMA'S CHICKEN AND RICE CASSEROLE**

	<b>Per Serving: 1-1/2 oz. Meat/Meat Alt., 1 Grain</b>			
<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Instant brown rice	2 c	4 c	8 c	10 c
Water	2 c	4 c	8 c	10 c
Cream of Chicken Soup (10.75 oz.)	1 can	2 cans	4 cans	5 cans
Cream of Celery Soup (10.75 oz.)	1 can	2 cans	4 cans	5 cans
Cream of Mushroom Soup (10.75 oz.)	1 can	2 cans	4 cans	5 cans
Salt and Pepper to Taste				

Preheat oven to 400 degrees. Grease sides and bottom of baking pan(s)

Cut chicken into cubes.

Stir together chicken, water, rice, soups. Season with salt and pepper.

Arrange in baking pans.

Bake until rice is tender and chicken is cooked through. Approx 1 hour.

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**MINI CHICKEN POT PIES**



	<b>Per Serving: 1-1/2 oz. Meat/Meat Alt. &amp; 1/2 c Veg.</b>			
<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Frozen Buttermilk Biscuits	10	20	40	50
Milk	1/2 c	1 c	2 c	2-1/2 c
Cream of Chicken Soup (Sm. Can)	1/2	1	2	2-1/2
Cooked Chicken, cubes cut small	1 lb	2 lb	4 lb	5 lb
Frozen mixed vegetables, thawed	2-1/2 c	5 c	10 c	12-1/2 c
Shredded Cheddar cheese	1 c	2 c	4 c	5 c
Fren-ch's French Fried Onions	2 c	4 c	8 c	10 c
Vegetable of Choice (As a side veg)	2-1/2 c	5 c	10 c	12-1/2 c

Preheat oven to 400 degrees. Separate biscuits, press into (8 oz.) custard cups, pressing up sides to form crust.

Whisk milk and cream of chicken soup in a medium saucepan. Bring to boiling over med-hi heat. Reduce heat to med-lo; simmer 1 minute, whisking constantly, until thickened. Stir in chicken and vegetables.

Spoon about 1/3 cup chicken mixture into each crust. Place cups on baking sheet. Bake 15 minutes or until golden brown. Top each with cheese, and Onions. Bake 3 minutes or until golden.

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alternate</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Ground turkey		1 lb	2 lb	4 lb	5 lb
Chopped onion		1 c	2 c	4 c	5 c
Milk		1-1/2 c	3 c	6 c	7-1/2 c
Bisquick baking mix					
3/4 c		1-1/2c	3 c	3-3/4 c	
Eggs		3	6	12	15
Salt		1/2 tsp	1 tsp	2 tsp	2-1/2 tsp
Pepper		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Shredded Cheddar cheese		1 c	2 c	4 c	5 c

Mix onion with turkey and brown in a 400 degree oven stirring frequently. Remove pan and drain if necessary.

Grease 12 muffin cups. Divide turkey mixture equally among the muffin cups. Beat milk, baking mix, eggs, salt and pepper until smooth, 15 seconds in blender on hi or 1 minute with hand beater. Pour into muffin cups.

Bake 25 minutes. Top with cheese. Bake until knife inserted in center comes out clean. Cool 5 minutes then remove from pans.

## **MULTI-GRAIN CHEESY CHICKEN QUESADILLAS**

**Per Serving: 1/2 Quesadilla=1-1/2 oz. Meat & 1 Grain**  
**Servings:            12            24            48**

Multi-grain medium tortillas	12	24	48
Shredded canned chicken or turkey	9 oz	18 oz	36 oz
Mayonnaise	2 Tbs	4 Tbs	8 Tbs
Cheddar cheese, shredded	9 oz	18 oz	36 oz

Spread one side of one tortilla with mayonnaise. Spread shredded chicken (fresh or canned) over mayonnaise. Top with shredded cheddar cheese. Cover with the second tortilla. Can stack many completed quesadillas on each sheet before baking. Bake at 350 degrees until cheese is melted. Cover with foil and keep warm in the oven until ready to serve. Cut each tortilla into 8 wedges.

## NOT FRIED "FRIED" CHICKEN

	Per Serving:	1-1/2 oz. Meat/Meat Alternate			
	Servings:	10	20	40	50
Boneless skinless chicken breasts		1 lb	2 lb	4 lb	5 lb
Flour		1 Tbs	2 Tbs	4 Tbs	5 Tbs
Salt		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Black pepper		1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp
Eggs		1	2	4	5
Cornflake crumbs		3/4 c	1-1/2 c	3 c	3-3/4 c
Nonstick cooking spray					

Preheat oven to 375 degrees. Grease a cookie sheet with cooking spray. Cut chicken into strips

In a shallow dish, combine flour, salt and pepper. In a medium bowl, lightly beat the eggs. In a large bowl, combine the cornflake crumbs.

Dip the chicken pieces in the flour mixture, then in the eggs, then in the cornflake crumbs, coating completely with each. Place on the baking sheet. Lightly coat the top of the chicken with cooking spray and bake for approx.. 30 min or until golden and no pink remains.

## OMG CHICKEN

**Per Serving: 1-1/2 oz. Meat/Meat Alt. & 1/2 c Veg**

<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Boneless skinless chicken breasts	1lb	2 lbs	4 lbs	5 lbs
Mayonnaise	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Parmesan Cheese, shredded	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Italian seasoned dry bread crumbs	2 tsp	4 tsp	8 tsp	10 tsp

Preheat oven to 375 degrees F.

Place mayo and cheese in a small bowl and mix.

Spray cooking sheet with cooking spray. Cut chicken breasts into strips and place on baking sheet and spread mayo mixture evenly atop each.

Next evenly sprinkle bread crumbs atop each.

Place in oven and bake for 20 minutes or until chicken is cooked thoroughly and juices run clear and tops are browned. You can also finish them off under the broiler for a minute or two to get them extra browned on top.

Season with a dash of fresh cracked pepper and sea salt, if desired.

## OVEN FRIED CHICKEN

Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,

Servings: 10 20 40 50

Boneless, skinless chicken breasts	1 lb	2 lb	4 lb	5 lb
Homemade breading (see below)	2Tbs	4Tbs	8 Tbs	10Tbs

Preheat oven to 400 degrees. Cut chicken breasts into strips.

Place breading in a plastic bag. Add a few chicken pieces and shake to coat.

Repeat until all chicken is coated.

Spray a baking pan with non-stick cooking spray

Arrange chicken pieces in the baking dish so that they are not touching.

Bake for 20 to 30 minutes until done.

## HOMEMADE BREADING

Yield: 4 Cups

4 Cups	Cornflake crumbs
4 tsp	Instant chicken bouillon
4 tsp.	Paprika
2 tsp	Poultry seasoning
1 Tbs	Italian herb seasoning
1/2 tsp	Garlic powder
1 tsp	Onion powder

Combine all ingredients and mix well

Store in an air tight container

Mix well before using

Plan on 1/2 – 1 Tbs of breading for each chicken part or fish fillet

## OVEN ROASTED CHICKEN WITH POTATOES

Per Serving: 1-1/2 oz Meat/Meat Alt. & 1/2 C Veg,  
Servings: 10 20 40 50

Boneless, skinless chicken breasts	1 lb.	2 lb.	4 lb.	5 lb.
Olive Oil	1 Tbs	2 Tbs	4 Tbs	5 Tbs
Potatoes, cut into bite-sized pieces	5 cups	10 cups	20 cups	25 cups
Paprika (if desired)				

Preheat oven to 350 degrees. Grease a baking pan with cooking spray. Cut chicken into thin strips. Brush with olive oil. Season with salt and pepper on both sides. Put chicken in the pan and roast for about 15 minutes. Remove from oven.

Meanwhile, coat potatoes with olive oil and sprinkle with salt and pepper and small amount of paprika. Bake in a pan sprayed with cooking spray. Bake 30 minutes.

Add chicken to the potatoes, mix together and bake an additional 30 minutes or until potatoes are tender.

## TASTY TENDERS

Per Serving: 1-1/2 oz. Meat/Meat Alternate

Servings:	10	20	40	50
Boneless, skinless chicken breasts	1 lb.	2 lb.	4 lb.	5 lb.
Seasoned breadcrumbs	1 cup	2 cup	4 cup	5 cups
1% milk	1/2 cup	1 cup	2 cups	2-1/2 c
Olive oil	2 Tbs.	4 Tbs.	8 Tbs.	10 Tbs.

Preheat oven to 400 degrees. Cut chicken into strips. Soak in milk. Roll chicken in breadcrumbs to cover all sides. Place in greased pan. Spritz with oil. Bake at 400 degrees until golden, approx.. 30 min. Watch closely.



## TERIYAKI CHICKEN

30 Servings

5 Chicken Breast halves, cut into strips

1/2 cup lemon juice

1/3 cup oil

1/3 cup soy sauce

3 Tbs. ketchup

3/4 tsp pepper

3/4 tsp garlic powder

Marinade: Mix together the lemon juice, soy sauce, oil, ketchup, pepper and garlic powder. Stir until smooth.

Place chicken in a greased pan. Pour marinade over all. Refrigerate overnight.

Drain Marinade. Bake at 350 degrees for approximately 20 – 25 minutes or until done. Do not overcook.

Bake at 350 degrees for approximately 20 to 25 minutes or until done.

## **TURKEY NOODLE DINNER** (revised 10/2022)

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alt./1 Grain</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Ground turkey		1 lb	2 lb	4 lb	5 lb
Dried onion flakes		2 Tbs	1/4 c	1/2 c	1/2c+2Tbs
10 oz. cans cream of chicken soup		1	2	4	5
1% Milk		1/2cup	1 cup	2 cups	2-1/2 c
Egg noodles		2-1/2c	5cups	10cups	12-1/2c

Brown turkey in a 400 degree oven until brown. While turkey is browning, cook noodles according to cooking instructions. Drain. Put aside.

Remove turkey from oven. Add onion, soup, milk, and pasta. Cover and return to oven until just heated through.

## **TURKEY OR CHICKEN TETRAZZINI**

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alternate</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Cooked Turkey or Chicken, Cubed		1 lb	2 lb	4 lb	5 lb
Egg Noodles		2-1/2c	5	10	12-1/2c
Cream of Mushroom Soup		1	2	4	5
Sour Cream		1 c	2 c	4c	5 c
Grated Parmesan cheese		1/2 c	1 c	2 c	2-1/2 c
Salt and Pepper to Taste					

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 375 degrees.

Combine Turkey or chicken, condensed soup, and sour cream. Place cooked noodles in a 9x13 inch baking dish. Pour turkey/sauce mixture evenly over the top. Sprinkle with Parmesan cheese.

Bake in preheated oven for 20 to 25 minutes, or until sauce is bubbling.

## BAKED ZITI

	Per Serving:	1-1/2 oz. Meat/Meat Alt. & 1 Grain			
	Servings:	8	16	32	40
Ziti Pasta, uncooked		8 oz	1 lb	2 lb	2-1/2lb
Spaghetti sauce, divided		1-3/4c	3-1/2 c	7 cups	8-3/4c
Ricotta cheese		1 cup	2 cups	4 cups	5 cups
Mozzarella cheese, shredded		1 cup	2 cups	4 cups	5 cups
Fresh Parsley, chopped		1/8 cup	1/4 cup	1/2 cup	5/8 cup
Egg, slightly beaten		1	1	2	3
Oregano		1/2tsp	1tsp	2tsp	2-1/2tsp
Garlic powder		1/4tsp	1/2tsp	1tsp	1-1/4tsp
Black pepper		1/8tsp	1/4tsp	1/2tsp	5/8tsp
Parmesan cheese, grated		1-1/2tsp	1Tbs	4-1/2tsp	2Tbs

Cook Ziti according to package directions for 10 minutes; drain.

Combine cooked Ziti, half the sauce, ricotta, mozzarella, parsley, egg, and spices.

In casserole dish pour some sauce over bottom and spread. Spread Ziti mixture evenly over sauce. Top with remaining sauce. Sprinkle with Parmesan. Bake, covered at 375 degrees 30 to 35 minutes or until hot and bubbly.

## **OPA'S MACARONI AND CHEESE**

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alt. &amp; 1 Grain</b>			
	<b>Servings:</b>	<b>8</b>	<b>16</b>	<b>32</b>	<b>40</b>
1 cup dry elbow macaroni		8 oz	1 lb	2 lb	2-1/2 lb
Evaporated Milk (12 oz. can)		1 Can	2 Cans	4 Cans	5 Cans
Shredded Cheddar cheese		2 cups	4 cups	8 cups	10 cups
Parmesan Cheese		1/8 cup	1/4 cup	1/2 cup	5/8 Cup
Breadcrumbs		2 Tbs	4 Tbs	8 Tbs	10 Tbs
Black Pepper		1/2 tsp	1 tsp	2 tsp	2 1/2 tsp

Preheat oven to 350 degrees. Grease a casserole dish or pan. Cook macaroni until tender but firm. Drain.

Combine cheeses, milk and pepper in a large bowl. Add hot pasta and mix together thoroughly. Pour into a lightly greased baking pan. Cover tightly with aluminum foil. Bake 20 minutes. Remove foil and sprinkle breadcrumbs on top. Bake an additional 10 minutes until lightly browned.

## **PIZZA CASSEROLE** (Revised 10/2022)

	<b>Per Serving:</b>	<b>1-1/2 oz. Meat/Meat Alt. &amp; 1 Grain</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Spiral pasta, uncooked		8 oz	1 lb	2 lb	2 1/2 lb
Ground beef		1 lb	2 lb	4 lb	5 lb
Spaghetti sauce		4 c	8 c	16 c	20 c
Parmesan cheese grated		1 c	2 c	4 c	5 c
Mozzarella cheese, shredded		8 oz	16 oz	32 oz	40 oz

Brown ground beef in a 400% oven until thoroughly cooked, stirring frequently.

Meanwhile, cook the pasta according to package directions and drain.

When beef is done remove from oven and lower oven temperature to 350 degrees.

Add pasta, spaghetti sauce and parmesan cheese to the beef in the pan and stir to combine. Top with mozzarella cheese.

Bake for 20 minutes, until cheese is bubbly.

## **SPAGHETTI A LA PHILLY** (revised 10/2022)

	<b>Per Serving:</b>	<b>1-1/2 oz.Meat/Meat Alt &amp; 1 Grain</b>			
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
Spaghetti, uncooked		8 oz	1 lb	2 lb	2-1/2 lb
Lean ground beef		1 lb	2 lb	4 lb	5 lb
24 oz. jar spaghetti sauce		1	2	4	5
Cream Cheese, cubed		4 oz	8 oz	16 oz	20 oz
Grated Parmesan cheese		2 Tbs	4 Tbs	8 Tbs	10 Tbs

Brown ground beef in a 400% oven stirring frequently.

Meanwhile, cook spaghetti as directed on package.

When beef is thoroughly cooked, stir in sauce and cream cheese. Return to 350% oven and cook until sauce is well blended and heated through, stirring frequently.

Drain spaghetti. Add to sauce. Mix lightly. Top with Parmesan cheese.

## **HERBED CHEESE STICKS**

**Yield: 16 Cheese Sticks**

1 lb. pizza dough  
Garlic powder  
Olive Oil  
Shredded Mozzarella Cheese  
Parmesan Cheese  
Italian Seasoning  
Pasta Sauce

1. Preheat oven to 450 degrees.
2. Put pizza dough on greased baking sheet and let rest 5 minutes.
3. When pliable, spread dough onto pan approx.. ¼ inch thick.
4. Brush top with oil and sprinkle with cheeses, garlic powder and Italian seasoning.
5. Bake following pizza baking instructions on packaging,
6. Cool slightly and cut into sticks. Serve with pasta sauce.

## **HOMEMADE BREADSTICKS**

Use frozen pizza dough and follow instructions on package as if making pizza. Once dough is spread on the baking sheet, brush with melted butter and garlic powder. Bake according to baking instructions. Let cool slightly and cut into breadsticks.



## BANANA WHIP WITH GRAHAM CRACKERS

	Per Serving:	1 Grain, 1/2 c Fruit			
	Servings:	10	20	40	50
banana		5	10	20	25
cool whip, thawed		2-1/2 Tbs	5 Tbs	10 Tbs	12-1/2Tbs
Graham crackers, separated into sticks					

Mash Bananas thoroughly with a Fork. Mix with cool whip. Serve with Graham Crackers.

## CUPID'S CRUNCH

	Per Serving:	1 Grain, 1/4 c Fruit
	Servings:	Approx 15 1/2 cup servings
2 Cups Cone-Shaped Cereal (like Bugles)		
2 Cups Cheerios		
2 Cups Honey Kix		
2 Cups Small Pretzels		
1/4 Cup Red, Pink, White M&M Type Candies		

Mix all ingredients together. Store in an airtight container.

## FRUITY OAT MIX

	Per Serving:	1 Grain, 1/4 C Fruit
	Servings:	Approx. 15 1/2 c servings
2 Cups Crunchy Oat Squares		
2 Cups Kix Cereal		
2 Cups Small pretzels		
3/4 Cup Dried banana chips		
3/4 Cup Golden raisins		

Mix all ingredients together. Store in an airtight container.

## HONEY BEARS CRUNCH MUNCH

**Yield:            Approx 15 Servings**  
**Per Serving: 1 Grain**

Honey Comb Cereal	2 Cups
Asst'd Teddy Grahams	2 Cups
Pretzel Sticks	2 Cups
Mini Marshmallows	¾ Cup
Raisins	¼ Cup
Gummy Bears	¼ Cup

Mix all ingredients together. Store in an airtight container.

### **REINDEER FEED**

**Yield:            Approx 15 Servings**  
**Per Serving: 1 Grain**

Cone-Shaped Corn Snacks (such as Bugles)	2 Cups
Cheeze-It Crackers	2 Cups
Small Pretzels	2 Cups
Kix Cereal	1 Cup
Golden Raisins	¼ Cup

Mix all ingredients together. Store in an airtight container.

### **ST. PATRICK'S PARTY MIX**

**Per Serving:            1 Grain (Approx 1/3 cup)**  
**Servings:              Approx. 24**

4 cups Lucky Charms cereal
4 cups Thin pretzel sticks
2 cups Green jelly beans

Mix all ingredients together. Store in an airtight container.

### **TEDDY BITES**

**Per Serving: 1 Grain ( Approx 1/3 cup)**  
**Servings: Approx. 30**

2 cups pretzel sticks  
2 cups mini Cinnamon Teddy Grahams  
2 cups mini Chocolate Teddy Grahams  
2 cups corn cereal squares  
2 cups rice cereal squares  
1 cup raisins

Mix all ingredients together. Store in an airtight container.

### **THANKSGIVING HARVEST MIX**

**Yield: Approx 15 Servings**  
**Per Serving: 1 Grain**

Cone-Shaped Corn Snacks (such as Bugles) 2 Cups  
Mini Pretzels 2 Cups  
Honey Kix 2 Cups  
Corn Chex 2 Cups  
Rick Chex 2 Cups

Mix all ingredients together Store In an airtight container.

## POP'S POTATOES

	Per Serving:	1/2 Cup Vegetable			
	Servings:	6	12	24	48
Russet potatoes, medium		2-1/2	5	10	20
Olive oil		1-1.2 /Tbs	3 Tbs	6 Tbs	12 Tbs
Onion powder		3/4 Tbs	1-1/2 Tbs	3 Tbs	6 Tbs
Salt, Pepper, Paprika		To Taste			

Preheat oven to 400 degrees.

Scrub potatoes *well* under cold water Pat dry. Cut into small chunks. Drizzle oil onto potatoes. Add pepper, paprika, and onion powder. Toss in a bowl to coat.

Place on baking pan and bake in 400 degree oven for about 20 minutes. Potatoes will be done when they are golden brown.

## OVEN FRIED POTATOES

	Per Serving:	1/2 cup Vegetable			
	Servings:	10	20	40	50
Large unpeeled baking potatoes		4	8	16	20
Vegetable oil		1/4 c	1/2 c	1 c	1-1/4 c
Grated Parmesan cheese		1-2Tbs	2-4Tbs	4-8Tbs	6- 10Tbs
Salt		1/2 tsp	1 tsp	2 tsp	2-1/2 tsp
Garlic powder		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Paprika		1/4 tsp	1/2 tsp	1 tsp	1-1/4 tsp
Pepper		1/8 tsp	1/4 tsp	1/2 tsp	5/8 tsp

Preheat oven to 375 degrees.

Cut potatoes lengthwise into four wedges. Please skin side down in a 13 x 9 x 2 “ baking pan. Combine remaining ingredients; brush over potatoes. Bake at 375 degrees for 1 hour brushing with oil/cheese mixture every 15 minutes. Turn potatoes over for last 15 minutes of baking

## **HOMEMADE BREADING**

**Yield: 4 Cups**

4 Cups    Cornflake crumbs  
4 tsp     Instant chicken bouillon  
4 tsp.    Paprika  
2 tsp     Poultry seasoning  
1 Tbs     Italian herb seasoning  
1/2 tsp    Garlic powder  
1 tsp     Onion powder

Combine all ingredients and mix well

Store in an air tight container

Mix well before using

Plan on 1/2 – 1 Tbs of breading for each chicken part or fish fillet

## NOT FRIED FRIED RICE (Revised 10/2022)

	<b>Per Serving: 1 Grain</b>				
	<b>Servings:</b>	<b>10</b>	<b>20</b>	<b>40</b>	<b>50</b>
White rice *		1 C	2 C	4 C	5 C
Water		2 C	4 C	8 C	10 C
Chicken bouillon cubes		1	2	4	5
Onion flakes		1 Tbs	2 Tbs	4 Tbs	5 Tbs
Peas and carrots		¼ C	½ C	1 C	1 ¼ C
Eggs, beaten		2	5	10	12
Soy sauce		1 ½ Tb	3 Tbs	6 Tbs	7 ½ Tbs

Boil water. Add bouillon cubes. Add rice. When water boils again, lower heat and cook approximately 20 minutes or until done. Rinse rice in cold water to cool it completely.

Meanwhile, cook vegetables along with onion flakes in a large pot of simmering water. Do not overcook. Stir frequently to heat throughout. Drain.

Beat eggs and soy sauce in a large bowl and add to vegetables. Cook on low. Stir frequently until eggs are firm – approximately 2 minutes.

Add cooked rice and heat through.

\*To make Chinese Style Rice: Rinse rice several times until water runs clear. This removes much of the starch. Then cook rice the night before, drain and refrigerate so rice is cold when assembling the dish.

## **PIZZA MUFFINS**

**Per Serving: 1 Grain**

**Yield: 12 muffins**

1 package (6 muffins) English muffins, split

Pasta Sauce

Shredded Mozzarella Cheese

Preheat oven to 350 degrees

Arrange English muffin halves, cut-side up, on a baking sheet. Spoon 1 to 2 tablespoons pizza sauce onto each English muffin; top with mozzarella cheese. .

Bake in the preheated oven until cheese is melted, about 10 minutes.



## **WHOLE WHEAT FRENCH TOAST CASSEROLE**

(revised 10/2022)

**Per Serving: 1 Grain**

**Yield: 50 (1/2 slice) servings**

25 Slices Whole Wheat Bread/  
1/2 cup packed brown sugar  
1 tsp. cinnamon  
8 large eggs  
1 ¾ cups 1% milk  
2 tsp. vanilla extract  
Maple Syrup for serving

Grease a 13 x 9 inch baking pan. Slice or tear the bread into 1 inch pieces. Set aside.

In a small bowl, combine the brown sugar and cinnamon. Arrange half the bread in a single layer in the prepared pan, then sprinkle half the sugar mixture evenly over the top. Add a second layer of bread and top with sugar mixture.

In a large bowl, whisk together until well blended the eggs, milk and vanilla extract.

Starting from the sides of the pan and working toward the center, pour the egg mixture evenly over the bread. With a spatula, gently press down on the bread to coat it with the egg mixture. Cover the dish with aluminum foil and refrigerate overnight or at least 4 hours.

Heat the oven to 350 degrees. Bake covered for 20 minutes, then remove the foil and continue baking until the casserole turns a light golden brown and looks slightly puffed, about 30 minutes more. Serve the casserole warm with maple syrup.