

RECIPE IDEAS:

Easy Tuna Casserole Recipe

(Serves eight)

1 lb. noodles
4 - 6 1/2 oz. cans tuna
3 cans mushroom soup
fresh or frozen vegetables, as desired
bread crumbs
butter or margarine
roaster baker pan
(approx. 11 5/8" x 9 1/4" x 2 3/8")

Butter pan and set oven at 350 degrees. Boil noodles. Mix together noodles, tuna, soup, and vegetables. Spread mixture in pan. Sprinkle with bread crumbs. Dot with butter. Bake for about 30 minutes.

Baked Ziti Recipe

(Serves eight)

1 pound ziti
16 oz. jar of sauce
15 oz. ricotta cheese
Spices of your choice
1 pound mozzarella
Frozen chopped spinach, kale or other vegetables, (defrosted and water squeezed out)

Boil and drain ziti. Grate mozzarella and save 1/3 to sprinkle on top of the casserole. Mix together all ingredients and then sprinkle with extra mozzarella. Bake approximately 30 minutes at 350.

Caribbean Rice & Beans

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

3 C vegetable stock	2 packets Goya Sazon	1/2 7-oz can chipotle peppers in adobo, chopped
1 can light coconut milk	3 15-oz cans dark kidney beans	1 1/2 t adobo seasoning/chili powder
3-inch cinnamon stick	2 15-oz cans diced tomatoes w/ juice	Salt & freshly ground black pepper
2 C rice	2 1/2 T Recaito	

In pot 1 (rice):

Boil stock with coconut milk and cinnamon stick. When boiling, add rice and sazón...cook about 18 mins until liquid has evaporated and rice is al dente.

In pot 2 (beans):

Heat beans with liquid, diced tomatoes, chipotle in adobo, Recaito, dash salt and pepper and adobo seasoning. Simmer while rice cooks and all flavors combine.

Place contents of pot 1 into foil dish and top with contents of pot 2!

Spinach Mac 'n Cheese

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1 lb pasta: anything that will catch sauce	6 T butter or margarine	1/4 t smoked paprika (optional)
1 lb grated guyere or cheddar	6 T flour	1/2 t grated nutmeg
1 lb frozen chopped spinach, thawed	2 t salt, plus more for boiling pasta	1/2 C panko bread crumbs
3 C milk	1 t ground white pepper	2 T parmesan cheese
2 C vegetable stock	1 t Worcestershire sauce	2 T olive oil

- Preheat the oven to 400 • Boil pasta in heavily salted water until al dente.
- In another pot, melt butter then add 6 T flour to make a roux.
- Add milk and stock and stir constantly as you bring it to a boil to thicken.
- Add the cheese in handfuls, as each clump melts add more.
- Season with salt, white pepper, smoked paprika, nutmeg and Worcestershire.
- Drain spinach by squeezing in clean dish cloth and add to sauce.
- Combine the pasta in the sauce and pour into baking dish.
- Mix panko, parmesan and olive oil for the topping and sprinkle on the whole shebang.
- Bake until brown and bubbly...about 20 mins.

Lentils Provençal

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1kg pre-cooked lentils (Trader Joe's has 500g bricks in produce dept)	4 t dried thyme
2 small ribs celery, chopped	½ C vegetable stock
4 large (3" x 1.5" max) shallots, rough chopped	2 14.5-oz tins diced tomatoes
4 large garlic cloves, minced	Splash of sherry vinegar
2 medium carrots, chopped	Olive oil, kosher salt & freshly ground black pepper

- In large pot, sweat celery, carrots, shallots and garlic in enough olive oil to barely cover the bottom and season with about a ½ t salt.
- Add lentils, thyme, tomatoes (with juice!). Combine and season again with salt and pepper.
- Add stock and vinegar and simmer about 15 minutes. Pour into casserole dish to serve.

Matzah Lasagne

Recipe courtesy of Suzanne Esterman of Suzy's Wild Cooking.

1 box matzah	½ C parmesan
3 large zucchini, sliced about ¼" thick along the long axis	1 egg, beaten
1 eggplant, sliced about ¼" thick along the long axis	1/3 C fresh parsley, chopped
1 26-oz jar marinara sauce	1.5 t granulated garlic
1 qt part-skim ricotta	½ t red pepper flakes (or to taste)
1 lb part-skim mozzarella, shredded	Olive oil, kosher salt & freshly ground black pepper

- Preheat oven to 450.
- Toss zucchini and eggplant strips in about 2 T olive oil, salt & pepper and arrange on baking sheet, pouring remaining oil from bowl onto the veg.
- Roast veg in oven for about 10 minutes, turn and roast for additional 10 minutes until they have browned and are tender.
- Meanwhile, in a bowl combine ½ C marinara with ricotta, egg, all but about a T of parmesan, parsley, garlic, red pepper flakes, a handful of mozzarella and a sprinkle of salt & pepper. Set aside.
- Break each matzah in half and soften in very warm water until *almost* pliable...about 5 seconds a piece.
- When the veg is done, turn down oven to 375 and get ready to assemble.
- Place about a ¼ to a ½ C marinara on bottom of casserole pan to coat.
- Next, layer 4 or so of the matzah halves so the pan is covered, but without overlapping.
- Add a third of the roasted veg; then a third of the remaining sauce; and then a third of the mozzarella.
- Add another layer of matzah, and proceed as above until the ingredients are gone.
- Sprinkle on the remaining parmesan, cover with foil and bake for about an hour or until the cheese is melted and the sauce is bubbly. Remove foil and bake for another 10 minutes to brown.
- Cool slightly before cutting.