

## CREATE YOUR OWN CASSEROLE

Rules:

2. One food should be dominant and recognizable in the mixture. Do not combine too many ingredients.
3. Use contrasting colours, and textures - include something colourful and vary the texture for interest. (for example, the whole casserole should not be brown and crispy) Use foods compatible in taste or flavour. Foods may be layered.
4. Keep foods in identifiable pieces.
5. Casseroles absorb some liquids during baking so avoid sauces that are too thick.
6. Use herbs and spices imaginatively.
7. Allow sufficient cooking time to develop rich, bodied flavour.

General directions for preparation:

1. Brown ground beef and onion in skillet. Drain off any excess fat.
2. Cook pasta or rice; drain. Cook and drain vegetables.
3. Combine chosen ingredients and place in greased casserole dish. Sprinkle on topping.
4. Bake at 350°F for 20 minutes or until heated through.

If you aren't sure, choose the ingredients in the following amounts (for 2):

Protein Food	Starch	Sauce	Vegetables	Seasonings	Toppings
250 g	125 ml	125 ml	125 ml	1 ml	30-50 ml