



Take & Bake

Nutrition In-service

HEARTLAND
family Service
HOPE FOR FAMILIES

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Heartland Family Service-
CACFP Program

This training is a great opportunity for you to make delicious and nutritious meals ahead of time and save them for a rainy day. Many items can be used for more than one recipe which helps when preparing extra meals for freezing. For example, cook extra hamburger so that it can be used for several pre-prepped meals

This is also a great opportunity for children to help as well. Kids love to help in the kitchen and this is a great way to give them a chance!

Remember to wash your hands frequently and make sure your little helpers do the same.

Have Fun!

Freezing Baked Goods

- You can freeze baked goods, but package them carefully to maintain the quality or freshness the food had before freezing.
- Package food tightly in heavy-duty foil, airtight plastic wrap, freezer wrap or water-tight containers.
- Baked yeast bread and rolls maintain quality in the freezer only up to 6 months. They are better if you use them within 3 months. Use partially baked rolls which are at the brown and serve stage in six to eight months.
- Use unbaked yeast bread dough within one month. Sometimes this is too long a storage time in the freezer. More yeast is needed than the recipe calls for when you plan to freeze unbaked dough, because freezing will damage some yeast cells.
- Most baked quick breads freeze well, but use them within three months. Unfrosted cakes freeze well, but storage time varies.
- Store angel food, chiffon or sponge cake 2 months. Store cheesecake 2 to 3 months, chocolate 4 months, and fruit cake up to 12 months. Yellow or pound cake will stay good for 6 months.
- Put baked cookies in a plastic bag and/or rigid container. They will keep 8 to 12 months. Any freezable pie, such as a fruit, will keep well if you freeze it no more than 2 months. Unbaked fruit pies will stay as long as 8 to 9 months. Some cookie dough's will stay good for 6 months. Nuts also freeze well; salted nuts from 6 to 8 months and unsalted from 9 to 12 months.

Fifteen Minute Stroganoff

1 pound round steak
2/3 cup water
3 ounces canned mushrooms
1 envelope onion soup mix
1 cup sour cream
2 tablespoons flour
egg noodles, cooked and drained



Cut meat into thin strips; brown in shortening. Add water and mushrooms. Stir in onion soup mix; heat to boiling. Blend sour cream and flour, and add to hot mixture. Let thicken. Serve over noodles.

NOTE: To make ahead, prepare completely; let cool and freeze. On serving day, make fresh noodles and heat sauce. Sauce will separate somewhat, but vigorous stirring brings it right back!

Spicy, Saucy Rigatoni Bake

1 tbsp oil, olive
2 onion, sliced
1 pepper, red, sweet, chopped
3 garlic, cloves, minced
1/2 tsp fennel, seeds, crushed
1 lb. sausage, hot Italian
2 x 700 ml sauce, jars, tomato-basil
1 tbsp vinegar, wine
5 cup pasta, rigatoni
2 cup cheese, mozzarella, shredded
1/4 cup cheese, parmesan, grated
2 tbsp parsley, fresh, chopped



Preheat oven to 400°C (200°C)

In Dutch oven or large heavy skillet, heat oil over medium-high heat; cook onions, stirring occasionally, for 5 minutes.

Add red pepper, garlic and fennel seeds; reduce heat to medium and cook for 10 minutes or until onions are very soft and golden. Transfer to a bowl.

Cut sausage into 1-inch (2.5 cm) chunks; add to pan and brown well on all sides, about 8 minutes. Drain off fat.

Stir in pasta sauce and vinegar. Return vegetable mixture to pan; reduce heat to medium-low and simmer for 15 minutes.

Meanwhile, in large pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm.

Drain, reserving 1 cup (250 mL) of the cooking water.

Return pasta to pot; add sauce and reserved cooking water.

Combine mozzarella and Parmesan cheese; set 1 cup (250 mL) aside.

Stir remaining cheese into pasta mixture.

Pour into 13 x 9-inch (3 L) glass baking dish, pressing pasta to submerge.

Sprinkle with reserved cheese and parsley.

Bake, covered, in oven for 30 to 45 minutes; uncover and continue for another 15 minutes or until golden. (Make ahead: Let cool in refrigerator; cover and refrigerate for up to 1 day. Or overwrap with heavy-duty foil and freeze for up to 2 weeks; thaw in refrigerator for 48 hours.)

Broccoli and Cheese Casserole

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup mayonnaise
- 1 egg, beaten
- 1/4 cup onions, chopped
- 3 (10 ounce) packages frozen chopped broccoli
- 8 ounces shredded sharp Cheddar cheese
- Salt and pepper to taste
- 1 dash paprika



Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish.

In a medium mixing bowl, whisk together condensed soup, mayonnaise, egg and onions.

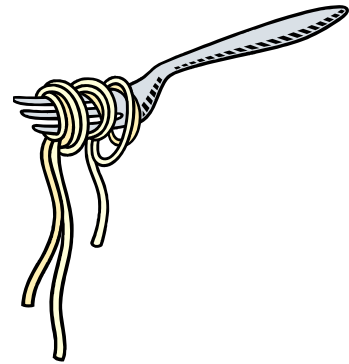
Place frozen broccoli into a very large mixing bowl. (I like to use my large stainless steel bowl to mix this recipe thoroughly.) Break up the frozen broccoli. Using a rubber spatula, scrape soup-mayonnaise mixture on top of broccoli, and mix well. Sprinkle on cheese, and mix well. Spread mixture into prepared baking dish, and smooth top of casserole. Season with salt, pepper and paprika.

Bake for 45 minutes to 1 hour.

Freeze for up to 1 month, thaw in refrigerator for 24 hours.

Baked Ziti

- 1 pound dry ziti pasta
- 1 onion, chopped
- 1 pound lean ground beef
- 2 (26 ounce) jars spaghetti sauce
- 6 ounces Provolone cheese, sliced
- 1 1/2 cups sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese



Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.

In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.

Bake for 30 minutes in the preheated oven, or until cheeses are melted. Freezes well, cover with saran wrap then foil. Thaw in refrigerator.

Cheesy Chicken Enchiladas

- 1 tablespoon vegetable oil
- 2 skinless, boneless chicken breast halves - boiled and shredded
- 1/2 cup chopped onion
- 1 (7 ounce) can chopped green chile peppers
- 1 (1 ounce) package taco seasoning mix
- 1/2 cup sour cream
- 2 cups cottage cheese
- 1 teaspoon salt
- 1 pinch ground black pepper
- 12 (6 inch) corn tortillas
- 2 cups shredded Monterey Jack cheese
- 1 (10 ounce) can red enchilada sauce

To Make Meat Mixture: Heat oil in medium skillet over medium high heat. Add chicken, onion and green chile peppers and saute until browned, then add taco seasoning and prepare meat mixture according to package directions.

To Make Cheese Mixture: In a medium bowl mix sour cream with cottage cheese and season with salt and pepper; stir until well blended.

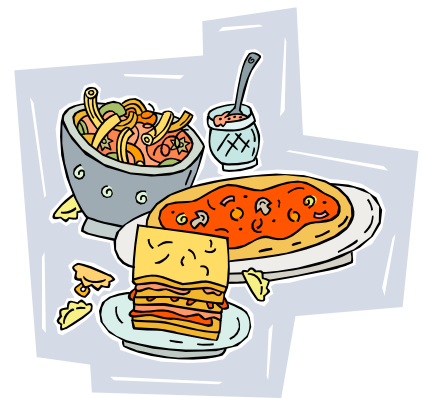
Preheat oven to 350 degrees F (175 degrees C).

To Assemble Enchiladas: Heat tortillas until soft. In each tortilla place a spoonful of meat mixture, a spoonful of cheese mixture and a bit of shredded cheese. Roll tortillas and place in a lightly greased 9x13 inch baking dish. Top with any remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until cheese is melted and bubbly.

Lasagna

1 1/2 pounds lean ground beef
1 onion, chopped
2 cloves garlic, minced
1 tablespoon chopped fresh basil
1 teaspoon dried oregano
2 tablespoons brown sugar
1 1/2 teaspoons salt
1 (29 ounce) can diced tomatoes
2 (6 ounce) cans tomato paste
12 dry lasagna noodles
2 eggs, beaten
1 pint part-skim ricotta cheese
1/2 cup grated Parmesan cheese
2 tablespoons dried parsley
1 teaspoon salt
1 pound mozzarella cheese, shredded
2 tablespoons grated Parmesan cheese



In a skillet over medium heat, brown ground beef, onion and garlic; drain fat. Mix in basil, oregano, brown sugar, 1 1/2 teaspoons salt, diced tomatoes and tomato paste. Simmer for 30 to 45 minutes, stirring occasionally.

Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Add lasagna noodles, and cook for 5 to 8 minutes, or until al dente; drain. Lay noodles flat on towels, and blot dry.

In a medium bowl, mix together eggs, ricotta, Parmesan cheese, parsley and 1 teaspoon salt.

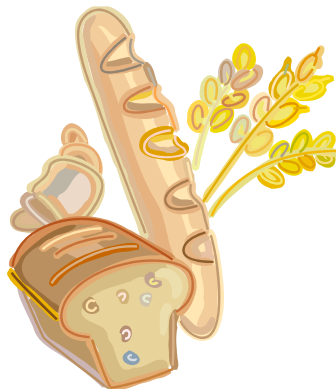
Layer 1/3 of the lasagna noodles in the bottom of a 9x13 inch baking dish. Cover noodles with 1/2 ricotta mixture, 1/2 of the mozzarella cheese and 1/3 of the sauce. Repeat. Top with remaining noodles and sauce. Sprinkle additional Parmesan cheese over the top.

Bake in the preheated oven 30 minutes. Let stand 10 minutes before serving.

Freezer Dinner Rolls

Makes: about 4 dozen rolls

5 1/2 cups flour up to 6 1/2 cups
1/2 cup sugar
1 1/2 teaspoons salt
2 packages active dry yeast
1 1/4 cups water
1/2 cup milk
1/3 cup margarine
2 large eggs



In a large bowl thoroughly mix 2 cups flour, sugar, salt and active dry yeast.

Combine water, milk and margarine in a saucepan. Heat until 120 to 130 degrees F. Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to makes soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap, then a towel, let rest 20 minutes.

Punch down dough again. Shape into desired shapes for dinner rolls. Place on greased baking sheets. Cover with plastic wrap and foil, sealing well. Freeze until firm.

Transfer to plastic bags. Freeze up to 4 weeks.

Remove from freezer; place on greased baking sheets. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 1/2 hours.

Bake at 350 degrees for 15 minutes, or until golden brown and done. Remove from baking sheets and let cool.

Cherry Flip Cookies

1 cup butter
1/4 tsp. salt
2 cups flour
1/2 cup icing sugar
2 egg yolks
1-2 tsp. almond extract
Maraschino Cherries (about a 6 ounce bottle)

Drain the cherries as well as possible. (I usually put them on paper towels.)

Mix all the ingredients together except the cherries.

Pinch off pieces of the dough (enough to cover a cherry) and flatten it in your hand. Put a cherry in the center and fold up or roll up the dough around it quickly (as a warm hand can soften the dough too much). Place on ungreased or no-stick bake sheet.

Bake at 325 for about 25 minutes or until barely golden.

When cool, dip in icing sugar made by mixing 1 1/2 cups icing sugar & 1/2 cup cherry juice. Sometimes I sprinkle little crushed nuts on top to make them fancier.