

# DREAM DINNERS BOOK

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# Baked Stuffed French Toast

Pages 46-47

Pull this out of your freezer when you really want to WOW the people at your breakfast table! Raspberry jam and cream cheese are stuffed into French bread pockets, then topped with an almond streusel crumble. Bake as directed or pan-grill it just like French toast by heating a griddle to medium-high heat, spraying with nonstick cooking spray, and browning each piece of bread for 3 to 5 minutes per side.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
8	24	2-inch slices French bread
¼ cup	¾ cup	low-fat yogurt-based spread or butter, softened
¼ cup (2 ounces)	¾ (6 ounces)	nonfat cream cheese
½ cup	1 ½ cups	raspberry jam
1 ½ cups	4 ½ cups	nonfat egg substitute
1 cup	3 cups	nonfat milk
½ cup	1 ½ cups	granulated sugar
3 teaspoon (divided)	9 teaspoons (divided)	ground cinnamon
1 cup	3 cups	sliced almonds
¼ cup	¾ cup	dark brown sugar
¼ cup	¾ cup	rolled oats
2 tablespoons	¼ cup plus 2 tablespoons	all-purpose flour
¼ teaspoon	¾ teaspoons	vanilla extract

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

### **Putting the breakfast together**

Create a pocket in each slice of the bread by cutting a horizontal slit about halfway through each slice. Set aside. In a bowl, combine the spread, cream cheese, and jam and mix together. Spoon 2 tablespoons of the jam mixture onto each slice of bread and lay it in the prepared baking dish(es). Set aside.

In a bowl, combine the egg substitute, milk, granulated sugar, and  $\frac{1}{2}$  of the cinnamon and stir to combine. Pour over the bread, dividing the mixture evenly among the three dishes if you are preparing three batches.

In another bowl, combine the almonds, brown sugar, oats, flour, remaining cinnamon, and vanilla and blend together with your hands until the mixture forms crumbs. Scatter the mixture over the bread, dividing it evenly among the three dishes if you are preparing a triple batch. If you are making breakfast today wait to add the topping until the egg is soaked up.

### **For breakfast today**

Preheat the oven to 325°F. Let the dish sit on the counter for 30 minutes, until one-quarter of the egg mixture has soaked into the bread. Turn over and let the other side of the bread soak for 30 minutes. Bake, uncovered, for 1 hour or until the egg mixture is no longer liquid and the toast is brown.

### **To freeze**

Cover with heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before baking as directed above.

# Beef Stir-Fry

Pages 144-145

This dish is the one that might just entice your children to eat their vegetables. The baby corn seems to intrigue them the most. Look for the leanest cut of beef you can find, and trim off any excess fat before slicing. Freezing the meat for 30 minutes before you slice it makes it easy to cut into thin, even slices. Serve over linguine, rice noodles, or rice.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
½ cup	1 ½ cups	soy sauce
1 tablespoon	3 tablespoons	minced ginger
1 teaspoon	1 tablespoon	black pepper
½ teaspoon	1 ½ teaspoons	red pepper flakes
¼ cup	¾ cup	peanut butter
1 tablespoon	3 tablespoons	light brown sugar, packed
1 pound	3 pounds	beef bottom round, cut into 1/4 – inch thick slices across the grain
4	12	celery stalks, cut into ¾-inch pieces
1	3	carrot(s), sliced
1	3	15-ounce can(s) baby corn, drained
1	3	onion(s), thinly sliced

## Putting the dinner together

In a large bowl, combine the soy sauce, ginger, black pepper, red pepper flakes, peanut butter, and brown sugar and stir to incorporate. Add the beef and toss to coat. Place the celery, carrot(s), corn, and onion(s) into a separate bag.

**For dinner tonight**

Heat a skillet over high heat. Add the meat and marinade mixture and cook just until the edges of the steak are browned, about 2 minutes. Add the vegetables and cook for 2 more minutes or until the vegetables are firm to the bite. Serve.

**To freeze**

Divide the remaining meat marinade mixture equally between two resealable freezer bags and seal. Divide the remaining mixed vegetables equally between two additional resealable freezer bags. Place one bag containing the meat marinade mixture into each of the vegetable bags. Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Chicken and Artichoke Casserole

Pages 200-201

A little curry powder lends a hint of warmth to this soothing casserole, a Dream Dinners favorite. Use low-sodium cream of chicken soup if you are watching your sodium intake.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		nonstick cooking spray
1 ½ cups	4 ½ cups	cooked rice, see “Cooking Rice in Large Quantities” on page 201
1 cup	3 cups	marinated artichoke hearts, drained
3	9	scallions, chopped
2 cups	6 cups	cooked chicken in 1-inch pieces
1	3	10-ounce can(s) cream of chicken soup
½ cup	1 ½ cups	nonfat mayonnaise
1 tablespoon	3 tablespoons	lemon juice
½ teaspoon	1 ½ teaspoons	black pepper
½ teaspoon	1 ½ teaspoons	curry powder
2 cups	6 cups	seasoned croutons
1 cup	3 cups	low-fat shredded cheese blend (see page 34)
1 tablespoon	3 tablespoons	dried parsley

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the dinner together

Place the rice on the bottom of the prepared baking dish(es). Layer with the artichokes, scallion, and chicken, dividing the ingredients equally among the three dishes if you are preparing a triple batch. Set aside. In a bowl, combine the soup, mayonnaise, lemon juice, pepper, and curry powder and stir until incorporated. Spread the soup mixture over the chicken mixture. Top with the croutons, cheese and parsley.

**For dinner tonight**

Preheat the oven to 375°F. Bake for 1 hour or until the cheese is melted and bubbly.

**To freeze**

Cover the dishes with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Cinnamon Apple Cake

Pages 228-229

Big chunks of apple and a cinnamon crumb topping make this dense cake a breakfast treat, or the special end to a dinner. To reduce the amount of oil without sacrificing any moistness, replace half of the oil with applesauce. This cake can be prepared and frozen before baking, then thawed and baked the day you want to serve it.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
3 cups	9 cups	all-purpose flour
1 cup	3 cups	dark brown sugar, packed
1 cup	3 cups	granulated sugar
4 teaspoons	¼ cup	ground cinnamon
¾ cup	2 ¼ cups	canola oil
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	ground ginger
1 teaspoon	1 tablespoon	baking soda
1 teaspoon	1 tablespoon	baking powder
2	6	Granny Smith apples, peeled and sliced into bite-sized pieces
1 cup	3 cups	buttermilk
¼ cup	¾ cup	nonfat egg substitute

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the dessert together



In a large bowl, combine the flour, brown sugar, granulated sugar, half of the cinnamon, the oil, salt and ginger. Transfer 1 ½ cups of this mixture to a small bowl and add the remaining cinnamon to it. Stir until incorporated. Set aside for the topping. Add the baking soda, baking powder, apples, buttermilk, and egg substitute to the flour mixture, stirring until just combined. Do not over mix. Pour into the prepared baking dish(es), dividing the mixture equally among the three dishes if you are preparing a triple batch. Sprinkle the reserved topping over the apple mixture.

### **For dessert tonight**

Preheat the oven to 350°F. Bake for 1 ½ hours or until the cake is set and the topping is golden brown. Serve warm or at room temperature.

### **To freeze**

Cover with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before baking as directed above.

# Grammy's Chocolate Chip Cookies

Page 244-245

Stephanie's grammy was known and loved for her light-as-air cookies.

**Makes 2 dozen**

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
1 cup	3 cups	low-fat yogurt-based spread or butter
1 cup	3 cups	butter-flavored vegetable shortening
1 cup	3 cups	dark brown sugar, packed
1 cup	3 cups	granulated sugar
½ cup	1 ½ cups	nonfat egg substitute
2 teaspoons	2 tablespoons	vanilla extract
4 cups	12 cups	all-purpose flour
1 tablespoon	3 tablespoons	cream of tartar
2 teaspoons	2 tablespoons	baking soda
1 teaspoon	1 tablespoon	kosher salt
2 cups	6 cups	chocolate chips
1 cup (4 ounces)	3 cups (12 ounces)	walnut pieces, optional

## Putting the dessert together

In the bowl of an electric mixer, blend the spread, shortening, brown sugar, and granulated sugar on medium speed until light and fluffy. Add the egg substitute and vanilla and blend until mixed well. Gradually add the flour, cream of tartar, baking soda, and salt while the mixer is running. Remove the bowl from the mixer, add the chocolate chips and walnuts, if using, and mix with a wooden spoon just until combined.

**For dessert tonight**

Spray two jelly roll pans with vegetable spray. Preheat the oven to 350°F. Spread the dough into the jelly roll pans and bake for 20 to 30 minutes, until the dough is set. Remove from the oven and cut into bars. Cool and remove the bars from the pan. Alternatively, preheat the oven to 375°F. Scoop 1-inch balls from the mix using a small ice cream scoop and arrange on the prepared baking sheets, 2 inches apart. Bake for 10 minutes. Remove the cookies from the sheet while still warm and cool them on a rack or waxed paper.

**To freeze**

To freeze before baking, divide the batter equally between two resealable freezer bags. If baking first, cook completely, and cover with plastic wrap and foil. Label, date and freeze for up to 3 months. Cookies can also be pre-rolled into one inch balls, frozen and then baked directly from the freezer. Place frozen cookie dough balls on sprayed cookie sheet. Bake in pre-heated oven at 375 degrees for 11 minutes or until golden brown.

# Kielbasa Bean Soup

Pages 68-69

This hearty soup is a meal in itself. Use low-fat turkey kielbasa to lighten this fiber-rich dinner.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
2 cups (8 ounces)	6 cups (1 ½ pounds)	potatoes in ½-inch dice Par boiled**
2	6	10.5-ounce cans bean with bacon soup
2	6	15-ounce cans diced tomatoes
¾ pound	2 pounds	kielbasa sausage, cut into 1-inch pieces
1	3	onions(s), chopped
2	6	carrots, diced
2	6	celery, diced
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper

## \*\*To Par Boil Potatoes

Scrub and wash unpeeled potatoes. Dice potatoes into ½ inch pieces. In a large pot bring water to a rolling boil. Add diced potatoes and cook for 2 minutes. Remove potatoes from water. Rinse potatoes in cold water. Drain and use as directed in recipe.

## Putting the soup together

In a large bowl, combine the potatoes, soup, tomatoes, kielbasa, onion(s), carrots, celery, salt, and pepper and stir to combine. Transfer to a crockpot or large pot. If you are preparing a triple batch, transfer one-third to a stockpot and divide the remainder equally between two resealable freezer bags.

**For dinner tonight**

Slow-cook in the crockpot, set on low heat, for 5 to 6 hours, until thick. Alternatively, simmer over low heat on the stovetop for 2 hours or until thick.

**To freeze**

Place each resealable freezer bag into a second one and seal tightly. Label, date, and freeze for up to 3 months. Thaw at room temperature before cooking as directed above.

# New England Pot Roast

Pages 160-161

Nothing beats a slow-cooked meal, especially when it doesn't require you to be in the kitchen all day. Assemble the ingredients for this pot roast in the crock-pot in the morning, and by that evening, your kitchen will be filled with the unmistakable aroma of this beloved dish.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
2 pounds	6 pounds	beef chuck roast, fat removed or trimmed
2 cups	6 cups	baby carrots, raw
1	3	yellow onion(s), quartered
1 cup	3 cups	celery in 3-inch pieces
4	12	red potatoes, halved par boiled**
2	6	2-inch cabbage wedges
¼ cup	¾ cup	dried onion flakes
2 tablespoons	¼ cup plus 2 tablespoons	apple cider vinegar
1	3	bay leaf (leaves)
2 tablespoons	¼ cup plus 2 tablespoons	olive oil
2 tablespoons	¼ cup plus 2 tablespoons	store-bought horseradish
3 cups	9 cups	beef broth
½ teaspoon	1 ½ teaspoons	kosher salt

½ teaspoon

1 ½ teaspoons

black pepper

Spray one (three) roasting pan(s) with nonstick cooking spray

### **\*\*To Par Boil Potatoes**

Scrub and wash unpeeled potatoes. Slice red potatoes in half. In a large pot bring water to a rolling boil. Add halved potatoes and cook for 2 minutes. Remove potatoes from water. Rinse potatoes in cold water. Drain and use as directed in recipe.

### **Putting the dinner together**

Place the chuck roast in the prepared roasting pan(s) or in a crockpot. If you are preparing a triple batch, place the remaining roasts into each of two resealable freezer bags. Add the remaining ingredients to the roasting pan or the crockpot and the resealable freezer bags.

### **For dinner tonight**

Preheat the oven to 325°F. Cover the roasting pan with foil and bake for 2 to 3 hours, or slow-cook in your crockpot on low heat for 6 to 8 hours, until the meat pulls apart easily with a fork.

### **To Freeze**

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Penne with Rosemary Chicken

Pages 116-17

We suggest cooking the pasta according to the package instructions prior to assembling. Let this dish cool before serving to allow the sauce to thicken.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		Nonstick cooking spray
1 pound	3 pounds	diced cooked chicken
1 pound	3 pounds	penne pasta (cook according to package instructions)
1 cup (4 ounces)	3 cups (12 ounces)	low-fat shredded cheese blend (see page 34)
½ cup	1 ½ cups	yellow onion(s), diced
2 tablespoons	¼ cup plus 2 tablespoons	chopped pimentos, drained
1 tablespoon	3 tablespoons	dried rosemary
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
2 cups	6 cups	nonfat milk
1 ½	4 ½	15-ounce can(s) cream of Mushroom soup

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the pasta together

Place all the ingredients into a large bowl and stir to combine. Transfer the mixture to a resealable freezer bag, dividing it equally among three bags if you are preparing a triple batch.



**For dinner tonight**

Preheat the oven to 350°F. Place the contents of a bag into the prepared baking dish and cover with foil. Bake for 1 to 1 ¼ hours. Or, place in a crock pot, set on low heat, and cook for 5 to 6 hours.

**To freeze**

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Three Cheese Spinach Soup

Pages 80-81

Use frozen spinach for this thick, warming soup. Serve it with Ham and Tomato Biscuits (page 52) for lunch or a light supper.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
¼ cup	¾ cup	low-fat yogurt-based spread or butter
5 tablespoons	1 cup	all-purpose flour
1 cup	3 cups	button mushrooms, sliced
1	3	scallion(s), chopped
2 cups	6 cups	chicken broth
2 cups	6 cups	nonfat milk
1 cup (8 ounces)	3 cups (1 ½ pounds)	nonfat cream cheese
1 cup	3 cups	shredded Swiss Cheese
¼ teaspoon	¾ teaspoon	ground nutmeg
½ teaspoon	1 ½ teaspoons	kosher salt
1 teaspoon	3 teaspoons	black pepper
1	3	10-ounce box(es) frozen chopped spinach, thawed and drained
¼ cup (1 ounce)	¾ cup (3 ounces)	grated Parmesan cheese

## Putting the soup together

Melt the spread in a large soup pot over medium heat. Add the flour and whisk until golden, 2 or 3 minutes. Add the mushrooms and scallion(s) and sauté until tender, about 3 minutes. Whisk in the chicken broth and milk and stir until thickened, 5 to 10 minutes. Add the cream cheese, Swiss cheese, nutmeg, salt, and pepper and stir until the cheese is melted. Add the spinach and stir.

Simmer the soup for 10 to 15 minutes, stirring gently. If you are preparing a triple batch, divide the remaining soup equally between two resealable freezer bags.

**For dinner tonight**

Ladle the soup from the pot into six bowls. Garnish with  $\frac{1}{4}$  cup of the Parmesan and serve hot.

**To freeze**

Place  $\frac{1}{4}$  cup Parmesan into each of two resealable bags. Label, date, and freeze both the soup and the Parmesan for up to 3 months. Thaw at room temperature before cooking as directed above.

# Grandma Rue's Peanut Butter Fingers

Pages 250-251

Grandma Rue, Tina's mom, who was called Grandma Rue when the grandkids couldn't pronounce her last name, Ruebush, brought these scrumptious cookies to festive occasions, making every gathering extra special. Use just enough milk to make the topping loose enough to drizzle.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		nonstick cooking spray
½ cup	1 ½ cups	butter
½ cup	1 ½ cups	granulated sugar
½ cup	1 ½ cups	light brown sugar, packed
1 teaspoon	1 <b>tablespoon</b>	vanilla extract
¼ cup	1 ½ cups	nonfat egg substitute
1/3 cup	1 cup	peanut butter
½ teaspoon	1 ½ teaspoon	baking soda
¼ teaspoon	¾ teaspoon	kosher salt
1 cup	3 cups	all-purpose flour
1 cup	3 cups	quick cooking oatmeal
1 cup	3 cups	chocolate chips
½ cup	1 ½ cups	powdered sugar
¼ cup	¾ cup	peanut butter
2 to 4 tablespoons	6 to 12 tablespoons	milk

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the dessert together

Preheat the oven to 350°F. In a bowl, cream the butter, sugars, and vanilla together with a handheld mixer until smooth. Add the egg substitute and peanut butter and mix until smooth. Mix the dry ingredients in a separate bowl, then combine with the sugar/peanut butter

mixture until well blended. (You may need to mix by hand.) Spread the mixture in the bottom of the prepared pan(s). Bake for 20 minutes or until golden brown.

### **Topping**

Sprinkle the chocolate chips over the baked cookie dough mixture immediately after removing the pan(s) from the oven. Let stand for 5 minutes, until the chips have melted. Quickly spread the melted chocolate evenly over the baked cookie dough. Mix powdered sugar, peanut butter, and milk until creamy, adjusting the milk to a desired consistency. Drizzle the topping over the smoothed chocolate.

### **For dessert tonight**

Cut into bars and serve.

### **To freeze**

Cover the pans with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 1 month. Thaw, cut into bars, and serve.

# Cider-Braised Pork Chops

Pages 170-171

This sweet and savory dish is great for entertaining, as it gives the impression that you've spent a lot of time in the kitchen.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
6 (1 ½ pounds)	18 (4 ½ pounds)	1-inch-thick slices <b>pork loin</b>
1	3	15-ounce can(s) diced tomatoes with juice
3	9	Granny Smith apples, peeled, cored, and sliced 1 inch thick
1 ½ pounds	4 ½ pounds	new potatoes, halved and boiled for 10 minutes
1	3	yellow onion(s), sliced into ¼ inch-thick slices
1 cup	3 cups	chicken broth
¾ cup	2 ¼ cup	frozen apple juice concentrate
1/3 cup	1 cup	apple cider vinegar
1 tablespoon	3 tablespoons	minced garlic
2 teaspoons	2 tablespoons	olive oil
¼ cup	¾ cup	low-fat yogurt-based spread or butter, melted
1/3 cup	1 cup	light brown sugar, packed
2 teaspoons	2 tablespoons	dried parsley
½ teaspoon	1 ½ teaspoon	dried thyme
Pinch	3 pinches	allspice

## Putting the dinner together

If you are preparing a triple batch, set aside 6 slices of pork loin for one batch, and divide the remaining pork loin equally between two resealable freezer bags.

In a large bowl, combine the remaining ingredients and stir gently until incorporated. If you are preparing a triple batch, set aside one-third of the mixture and divide the remaining mixture equally between the resealable freezer bags holding the pork slices.

### **For dinner tonight**

Heat a large skillet or a flameproof casserole over high heat. Spoon 2 to 3 teaspoons of the liquid mixture into the pan, then add the pork loin slices. Cook for 2 to 3 minutes per side. Reduce the heat to medium and add the remaining mixture, stirring gently to mix. Cover and cook for 30 to 45 minutes, until the pork is tender. Serve.

### **To freeze**

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

## Pork Medallions with Pears

Pages 168-169

Pork, pears, and onions are seasoned to perfection in this dish; just add rice or pasta and you have an elegant dinner party perfectly suited for a small dinner table. Serve this with the Pumpkin Icebox Pie (page 232)

Serves 6

For One	For Three	Ingredients
		nonstick cooking spray
6 (1 ½ pounds)	18 (4 ½ pounds)	1-inch-thick slices <b>pork loin</b>
2 cups	6 cups	yellow onions, thinly sliced
1	3	15-ounce can(s) pears with syrup
2 teaspoons	2 tablespoons	minced garlic
¼ cup	¾ cup	dried cranberries
½ cup	1 ½ cup	white wine
¼ cup	¾ cup	balsamic vinegar
1 tablespoon	3 tablespoons	olive oil
1 teaspoon	1 tablespoon	dried thyme
¼ teaspoon	¾ teaspoon	ground nutmeg
½ teaspoon	1 ½ teaspoons	grated fresh ginger
1 teaspoon	1 tablespoon	kosher salt
1 teaspoon	1 tablespoon	black pepper

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

### Putting the dinner together

Place 6 pork loin slices in the prepared baking dish(es) or in a crockpot. If you are preparing a triple batch, divide the remaining slices equally between two 1-gallon resealable freezer bags. Set aside. In a large bowl, combine the remaining ingredients and mix until incorporated. If you are preparing a triple batch, pour one-third of the mixture into the crockpot or baking dish, and divide the remaining mixture equally between the two bags filled with the pork tenderloin.

### For dinner tonight



If you are using a baking dish, preheat the oven to 325°F. Cover the dish with aluminum foil and bake for 2 hours or until the internal temperature of the pork reads 160°F on a meat thermometer. Alternatively, slow-cook the pork in the crockpot on low heat for 5 to 6 hours, until the pork is tender.

**To freeze**

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Fettuccine with Chicken and Asparagus

Pages 112-113

The addition of Dijon mustard gives this satisfying spring pasta a nice kick. The pasta will cook to a firm, toothsome texture as it bakes in the sauce; if you want softer noodles, cook the dish a bit longer.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
¾ pound	2 ¼ pounds	fettuccine, cooked
2/3 pound	2 pounds	asparagus, cut into 2-inch pieces
1 ½ cups, chopped	4 ½ pounds	cooked chicken breasts in ½-inch slices
1 cup (4 ounces)	3 cups (12 ounces)	sliced mushrooms
½ cup	1 ½ cups	yellow onion, diced
zest of 1	zest of 3	lemon(s), grated
1 teaspoon	3 teaspoons	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
2 cups	6 cups	nonfat milk
¼ cup	¾ cups	white wine
½ cup	1 ½ cups	Alfredo sauce
2 tablespoons	1/3 cup	Dijon mustard

Spay one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the pasta together

Combine the fettuccine, asparagus, chicken, mushrooms, onion, lemon zest, salt, and pepper in a large bowl. Set aside. Combine the milk, wine, Alfredo sauce, and Dijon mustard in another bowl, mixing until smooth. Add to the chicken and pasta mixture and toss to coat thoroughly. Pour the mixture into the baking dish. If you are preparing a triple batch, divide the remaining mixture equally between two resealable freezer bags.

## For dinner tonight

Preheat the oven to 350°F. Cover the baking dish with aluminum foil and bake for 45 minutes or until the pasta is tender and the surface is bubbly.

**To freeze**

Label, date, and freeze for up to 3 months, Thaw before cooking as directed above.

# Tried and True Lasagna

Pages 128-129

Lasagna noodles can be layered with just about any filling, but we love the flavors of the classic tomato, cheese, and herb combinations. There's never a more welcome dish on the table than a bubbling, piping, hot lasagna, so make it in multiples to have on hand when the craving strikes.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
1 pound	3 pounds	extra lean ground beef
2 cups	6 cups	store-bought marinara sauce
1	3	15-ounce can(s) diced roasted tomatoes, drained
1 cup	3 cups	roasted red peppers, diced
¼ cup	¾ cup	tomato paste
2 teaspoons	2 tablespoons	minced garlic
2 tablespoons	¼ cup plus, 2 tablespoons	dried parsley
1 tablespoon	3 tablespoons	Italian seasoning
1 tablespoon	3 tablespoons	dried basil
1 tablespoon	3 tablespoons	sugar
¼ cup	¾ cup	nonfat egg substitute
1 cup (8 ounces)	3 cups (1 ½ pounds)	nonfat cottage cheese
1 cup (4 ounces)	3 cups (12 ounces)	grated Parmesan cheese
¾ cup (6 ounces)	2 ¼ cups (1 pound, 2 ounces)	part skim ricotta cheese
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoon	black pepper
8	24	no-bake or dry lasagna noodles
2 cups (8 ounces)	6 cups (1 ½ pounds)	shredded skim mozzarella cheese

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

**Putting the pasta together.**

Heat a large skillet over medium-high heat. Put in the ground beef and cook until browned, about 10 minutes. Drain off any excess fat. In a large bowl, combine the cooked ground beef, marinara sauce, tomatoes, roasted red peppers, tomato paste, garlic, parsley, Italian seasoning, basil, and sugar and stir until incorporated. In a separate bowl, combine the egg substitute, cottage cheese, Parmesan, ricotta, salt, and pepper and stir until incorporated. Layer the mixtures into the prepared baking dish(es) in the following order; ½ cup of the sauce mixture, 4 lasagna noodles, 1 ½ cups of the cheese mixture, and 1 cup of mozzarella cheese. Repeat, beginning with the noodles and ending with the cheese.

### **For dinner tonight**

Preheat the oven to 375°F. Cover the dish with aluminum foil sprayed with nonstick cooking spray and bake for 20 minutes. Remove the foil and bake for 15 minutes more, until the cheese is melted.

### **To freeze**

Cover with plastic wrap and aluminum foil. Label, date and freeze for up to 3 months. Thaw at room temperature before cooking as directed above.

# Breakfast Eggs w/ Potato Crust

Pages 36-37

This is essentially a quiche with a hash-brown crust, perfect for busy weekend mornings. Frozen shredded hash browns work best in this dish. You could use any type of grated cheese, but we like the nutty flavor Swiss cheese imparts.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		nonstick cooking spray
4 cups (2 pounds)	12 cups (6 pounds)	frozen <b>shredded</b> hash browns
2 cups (1 pound)	6 cups (3 pounds)	nonfat cottage cheese
4 dashes	12 dashes	Tabasco sauce
3	9	scallions, chopped
1 cup (6 ounces)	3 cups (1 pound, 2 ounces)	diced ham
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
½ cup (2 ounces)	1 ½ cups (6 ounces)	grated Swiss cheese
1 ½ cups	4 ½ cups	nonfat egg substitute

Spray one (three) 9-inch deep-dish pie plate(s) with nonstick cooking spray.

## Putting the breakfast together

Spread the hash browns evenly on the bottom and up the sides of the pie plate(s) and set aside. In a bowl, mix together the cottage cheese, Tabasco, scallions, ham, salt, and pepper. Spread evenly on top of the hash browns and sprinkle the Swiss cheese on top. Pour the egg substitute over the cheese if you are preparing a triple batch.

## For breakfast this morning

Preheat the oven to 350°F. Bake until puffed and golden brown, 30 to 45 minutes.

## To freeze

Divide egg substitute into three resealable freezer bags or use one and freeze two. Place one bag on top of each dish and cover with plastic wrap and foil. Label, date, and freeze for up to 3 months. The quiche must be thawed in the refrigerator for 1 to 2 days before baking. Pour the egg mixture over the cheese mixture before baking as directed above.

## **How To Get Them To The Table**

Rather than raising your voice to get everyone to the dinner table, make it fun. For example, play a family theme song that signals what time it is, with the unspoken (or sung) rule that everyone must sit down by the time the song ends. Or give young children a reward for getting to the table first to get things rolling. Perhaps the prize is a special seat or having the chance to pick the menu for the following night. A chart with stars tracking the first one to the table is also effective, especially if the reward is deciding what the next big family outing will be.

# Beef and Corn Enchiladas

Pages 154-155

Serve these easy enchiladas with Spanish Rice and you have a quick weeknight dinner in an hour.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
1 pound	3 pounds	extra lean ground beef
1	3	yellow onion(s), diced
2 teaspoons	2 tablespoons	minced garlic
1 cup	3 cups	nonfat sour cream
1	3	15-ounce can(s) diced tomatoes, drained
1 cup (8 ounces)	3 cups (1 ½ pounds)	low-fat ricotta cheese
1	3	7-ounce can(s) diced mild green Chilies or R
¼ cup	¾ cup	jarred sliced jalapeño pepper, drained and chopped
8	24	5-inch corn tortillas
2 cups	6 cups	store-bought green enchilada sauce
2 cups (8 ounces)	6 cups (1 ½ pounds)	low-fat shredded cheese blend
1	3	6-ounce can(s) sliced black drained
olives, 3	9	scallions, diced

Spay one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the dinner together



Cook the ground beef in a nonstick pan over medium-high heat until browned. Transfer the meat to a plate lined with paper towels for any excess fat to drain. Set aside. In a large bowl, combine the onion(s), garlic, sour cream, tomatoes, ricotta cheese, and green chilies and stir until incorporated. Set aside.

Spread 1 cup of the enchilada sauce in the bottom of the prepared baking dish(es). Arrange 4 corn tortillas on top of the sauce. Spread half of the ground beef over the tortillas, dividing equally if you are preparing a triple batch. Top with half of the sour cream mixture. Cover the sour cream mixture with 4 more tortillas. **Spread the remainder of the ground beef over the second layer of tortillas.** Spread the remaining enchilada sauce, shredded cheese, olives, **jalapeno pepper** and scallions over the tortillas, dividing equally among the three dishes if you are preparing a triple batch.

### **For dinner tonight**

Preheat the oven to 350°F. Cover the dish with aluminum foil and bake for 45 minutes. Remove the foil and bake for 15 minutes more or until the cheese is melted and bubbly.

### **To freeze**

Cover with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Baked Spaghetti

Pages 132-133

A Dream Dinners favorite always voted to be on the “best of the best” menu-spaghetti and meatballs baked casserole style. There’s no last-minute draining of noodles and plating with the sauce-just pull the casserole from the oven and bring it to the table.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
1 cup	3 cups	yellow onion(s), diced
1 teaspoon	1 tablespoon	minced garlic
½	1 ½	green bell pepper(s), chopped
2	6	15-ounce can(s) diced tomatoes, with juice
1 cup (4 ounces)	3 cups (12 ounces)	mushrooms, sliced
1 teaspoon	1 tablespoon	dried basil
1 tablespoon	3 tablespoons	dried oregano
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
<b>¾ pound</b>	<b>2 ¼ pounds</b>	<b>spaghetti, dried</b>
1	3	16-ounce bag(s) frozen meatballs
1 cup (4 ounces)	3 cups(12 ounces)	grated Parmesan cheese
2 cups (8 ounces)	6 cups (1 ½ pounds)	low-fat shredded cheese blend
1	3	10-ounce can(s) cream of mushroom soup
1	3	2.4-ounce can(s) sliced black olives, drained

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the pasta together

Cook the spaghetti according to the package directions.

Combine the onion(s), garlic, pepper(s), tomatoes, mushrooms, basil, oregano, salt, and pepper in a bowl and stir until incorporated. Set aside.

Place half of the cooked spaghetti in the bottom of the prepared baking dish(es). Layer 6 meatballs and half of the vegetable mixture over the spaghetti in the baking dish(es). Sprinkle with half of the Parmesan and half of the shredded cheese. Repeat, beginning with the remaining spaghetti and ending with the vegetable mixture. Set aside. In a bowl, combine the mushroom soup with an equal amount of water and pour over the baking dish(es). Sprinkle with the remaining Parmesan, shredded cheese, and olives, dividing equally among the three dishes if you are preparing a triple batch.

### **For dinner tonight**

Preheat the oven to 350°F. Cover with aluminum foil and bake for 1 hour. Remove the foil and back for 30 minutes more.

### **To freeze**

Cover with plastic wrap and foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before cooking as directed above.

# Karlene's Cottage Cheese Pancakes

Pages 44-45

Stephanie's daughter, Karlene, created this protein-filled pancake recipe. The batter is so delicious, you'll be tempted to lick it right out of the bowl! Serve the pancakes with maple syrup or a spread and Berry Freezer Jam (page 56).

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
2 cups	6 cups	pancake mix
1 ½ cups	4 ½ cups	club soda
2 tablespoons	6 tablespoons	lemon juice
1 tablespoon	3 tablespoons	baking soda
1 teaspoons	1 tablespoon	ground cinnamon
1/8 teaspoon	½ teaspoon	ground nutmeg
1/2 cup	1 ½ cup	nonfat cottage cheese
1 teaspoon	3 teaspoons	vanilla extract
1 teaspoon	3 teaspoons	almond extract

Spray a griddle with nonstick cooking spray.

## Putting the breakfast together

In a bowl, whisk together the pancake mix, club soda, and lemon juice. Add the baking soda, cinnamon, nutmeg, cottage cheese, vanilla extract, and almond extract. Stir just until blended.

## For breakfast today

Heat a griddle over medium heat to about 375°F. Pour ¼ cup of the mixture onto the griddle for each pancake. Cook the pancakes for 1 minute and 15 seconds per side or until golden brown, turning once. Re-spray the griddle as necessary.

## To freeze

Pour the batter into resealable freezer bags. Label, date and freeze for up to 3 months. Thaw the batter in the refrigerator before cooking as directed above.

# Cheesy Chicken and Rice Casserole

Pages 202-203

If you have a family full of picky eaters to feed, this is the dinner for you. Prepare this meal on a busy weeknight, toss a green salad, and a dinner is served.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
		nonstick cooking spray
1 ½ cups	4 ½ cups	uncooked white rice
1	3	16-ounce bag(s) frozen corn kernels
2 cups (8 ounces)	6 cups ( 1 ½ pounds)	low-fat shredded cheese blend (see page 34)
2 cups	6 cups	cooked chicken breast, diced
1 cup	3 cups	yellow onion(s), diced
1 tablespoon	3 tablespoons	sugar
2 teaspoons	2 tablespoons	kosher salt
2 teaspoons	2 tablespoons	chili powder
2 teaspoons	2 tablespoons	paprika
2 cups	6 cups	nonfat milk
½ cup	1 ½ cups	water

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the dinner together

Put the rice, corn, cheese, chicken, and onion(s) in a large bowl and mix together. Combine the sugar, salt, and chili powder. Divide the rice mixture equally among the three dishes if you are preparing a triple batch. Sprinkle equal amounts of the chili powder mixture over each. Sprinkle the paprika on top.

## For dinner tonight

Preheat the oven to 350°F. Pour the milk and water into the baking dish. Bake, covered with aluminum foil, for 1 ½ hours or until the cheese begins to bubble. Remove lid, gently stir to combine ingredients. Cover, bake 20-30 minutes until all liquid is absorbed and rice is tender.

### **To freeze**

Pour 2 cups milk and ½ cups water into each of two resealable freezer bags and seal. Place one bag of milk/water combination on top of each baking dish. Cover the dishes with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months.

Thaw in the refrigerator. Pour the milk/water into the baking dish and bake as directed above.

# Margarita Slush

Page 27

Keep this in your freezer and you'll be ready for a party any time. The slush must be frozen before serving.

Serves 6

<b>For One</b>	<b>For Three</b>	<b>Ingredients</b>
$\frac{3}{4}$ cup concentrate	2 cups plus 2 ounces	frozen limeade
$\frac{3}{4}$ cup	2 cups plus 2 ounces	margarita mix
One 2-liter bottle	Three 2-liter bottles	club soda
1 $\frac{1}{2}$ cups (substitute equal desired)	4 $\frac{1}{2}$ cups	tequila, optional amount of soda, if
1	3	lime(s), sliced

## Putting the slush together

Combine 1 (3) cup(s) water with the limeade concentrate, margarita mix, club soda, and tequila or extra soda in one (three) **one-gallon** container(s) with a tight lid. Shake to mix well.

## For slush tomorrow

Freeze the mixture overnight. Before serving, thaw for 1 hour at room temperature or until the texture is like slush. Pour into a pitcher and garnish with fresh lime slices.

## To freeze

Place the sealed plastic containers in the freezer for up to 6 months. Serve as directed above.

# Raspberry Margarita Slush

Pages 28-29

With or without the tequila, this pretty drink is a festive offering for a special summer brunch. To make the nonalcoholic version, replace the tequila with an equal amount of lemon-lime soda. This punch needs to be frozen overnight before serving.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
1	3	6-ounce can(s) frozen limeade concentrate
1	3	6-ounce can(s) frozen raspberry juice concentrate
1	3	1-liter bottle lemon-lime soda
1 ½ cups	4 ½ cups	tequila, optional (substitute equal amount of soda, if desired)
1	3	lime(s), sliced

## Putting the slush together

Combine the limeade and raspberry concentrates with 1 (3) cup(s) water, lemon-lime soda, and the tequila or extra soda in **one (three) gallon** container(s) with a tight lid.

## For slush tomorrow

Freeze the mixture overnight. Before serving, thaw for 1 hour at room temperature or until the texture is like slush. Pour into a gallon pitcher and garnish with fresh lime slices.

## To freeze

Place the sealed plastic containers in the freezer for up to 6 months. Serve as directed above.



# Baked Shoestring Potatoes

Pages 104-105

We don't know anyone—babies, finicky teenagers, grandparents—who doesn't LOVE potatoes made this way. We use frozen potatoes in the shoe-string size but you can use whatever frozen potatoes you like best for this dish. Adding the ham can make it a part of a wonderful comfort dinner.

Serves 6

For One	For Three	Ingredients
1	3	28-ounce bag(s) frozen Shoestring potatoes
1 pound	3 pounds	nonfat sour cream
2 tablespoons	6 tablespoons	low-fat yogurt-based spread or Butter
1	3	10-ounce can(s) cream of chicken soup
2 cups (12 ounces)	6 cups (2 pounds)	ham, diced, optional
2 cup	6 cups	low-fat shredded cheese blend (see page 34)

## Putting the dish together

In a large bowl, combine the potatoes, sour cream, spread, soup, ham, if desired, and 1 (3) cup(s) cheese. Mix to combine. Pour into a 9 x 13-inch baking dish, or if you are preparing a triple batch, divide equally among the three dishes. Sprinkle each dish with 1 cup of the remaining cheese.

## For dinner tonight

Preheat the oven to 375°F. Bake, uncovered, for approximately 45 minutes, until the cheese is melted and bubbly and the potatoes are cooked through.

## To freeze

Cover with plastic wrap and heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before cooking as directed above.

# Baked Pasta and Lemon Chicken

Pages 114-115

This is the ultimate pantry dinner; you're likely to have all of the ingredients on hand to make at least a single batch. If you have a seafood craving, simply substitute the same amount of canned minced clams or shrimp for the cooked chicken.

<b>For One</b>	<b>For Three</b>	<b>Serves 6</b> <b>Ingredients</b>
		Nonstick cooking spray
4 cups (6 ounces)	12 cups (18 ounces)	cooked spaghetti
1 ½ pounds	4 ½ pounds	cooked chicken, diced
½ cup	1 ½ cup	fresh parsley, chopped
2 ½ teaspoons	2 tablespoons plus 1 ½ teaspoons	minced garlic
2 teaspoons	2 tablespoons	grated lemon zest
1 ½ teaspoons	1 tablespoon plus 1 ½ teaspoons	dried marjoram
1 teaspoon	1 tablespoon	kosher salt
½ teaspoon	1 ½ teaspoons	black pepper
¼ teaspoon	¾ teaspoon	red pepper flakes
2/3 cup	2 cups	white wine
½ cup	1 ½ cups	chicken broth
¼ cup	¾ cup	olive oil
2 tablespoons	¼ cup	lemon juice

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the pasta together

In a large bowl, combine the ingredients and stir to combine. Transfer the mixture to a resealable freezer bag, dividing it equally among three if you are preparing a triple batch. Seal the bags tightly and place one bag in the refrigerator until you are ready to cook dinner.

### **For dinner tonight**

Preheat the oven to 350°F. Transfer the chicken and pasta mixture from the bag into the prepared baking dish. **Cover with aluminum foil and bake for 20-25 minutes or until the chicken is heated through or until internal temperature reaches 145°F.** Alternatively, spray a large skillet with nonstick cooking spray and heat over medium-high heat. **Heat the chicken and pasta mixture for 15 to 20 minutes until the chicken is heated through.**

### **To freeze**

Label, date, and freeze for up to 3 months. Thaw in the refrigerator before cooking as directed above.

# Baked Pesto Ravioli with Chicken

Pages 110-111

Ravioli is a staple found in the refrigerator or freezer section of most grocery stores. We use the cheese-filled variety here, but you can use any kind you like. Omit the cooked chicken, if desired.

Serves 6

<u>For One</u>	<u>For Three</u>	<u>Ingredients</u>
		Nonstick cooking spray
2 pounds or	6 pounds	cheese-filled ravioli, fresh Frozen
1 pound $\frac{1}{2}$	3 pounds	cooked chicken breasts in inch slices
2 cups	6 cups	zucchini, cut into 1/2-inch rounds
$\frac{2}{3}$ cup	2 cups	chicken broth
$\frac{1}{2}$ cup into	1 $\frac{1}{2}$ cups	red bell pepper, chopped $\frac{1}{2}$ -inch pieces
$\frac{1}{2}$ cup	1 cup	chopped scallions
$\frac{1}{2}$ cup	1 $\frac{1}{2}$ cups	store-bought basil pesto sauce
$\frac{1}{2}$ teaspoon	1 $\frac{1}{2}$ teaspoons	kosher salt
$\frac{1}{2}$ teaspoon	1 $\frac{1}{2}$ teaspoons	black pepper
1 cup (4 ounces)	3 cups (12 ounces)	grated Parmesan cheese

Spray one (three) 9 x 13-inch baking dish(es) with nonstick cooking spray.

## Putting the pasta together

Combine the ravioli, chicken, chicken broth, zucchini, bell pepper, scallions, pesto, salt, pepper, and Parmesan in a large bowl. Stir gently to mix the ingredients. If you are preparing a triple batch, divide the remainder equally between two resealable freezer bags.

### **For dinner tonight**

Preheat the oven to 350°F. Cover the dish with aluminum foil and bake for 1-1/2 hours or until bubbly.

### **To freeze**

Label, date, and freeze for up to 3 months. Thaw at room temperature before baking as directed above.