

Casseroles deliver

SWISS TOMATO STRATA

¼ cup (½ stick) butter, melted
½ teaspoon dry mustard
¼ teaspoon garlic powder
1 loaf (1 lb.) Italian bread, cut into ¼-inch cubes
2 tablespoons minced green onion
1 jar (15½ oz.) spaghetti sauce with mushrooms
3 cups (12 oz.) shredded Swiss cheese
¼ cup (½ stick) butter
½ cup all-purpose flour
1½ cups condensed chicken broth
1 cup instant nonfat dry milk
3 eggs, beaten

Combine ¼ cup melted butter, mustard and garlic powder until well blended. Place bread cubes in a large mixing bowl. Drizzle butter over bread; toss lightly; set aside. Stir green onion into spaghetti sauce. Reserve ½ cup of the Swiss cheese; wrap tightly in plastic wrap and refrigerate. Layer ½ of the bread cubes, ½ of the sauce and ½ of the cheese in a buttered 2-quart rectangular baking dish. Repeat twice; set aside. Melt ¼ cup butter in a small saucepan. Stir in flour until smooth. Remove from heat; gradually stir in condensed broth and dry milk. Bring to boiling, stirring constantly. Boil and stir 1 minute. Stir a small amount of sauce into eggs. Return egg mixture to saucepan. Cook over medium heat, stirring constantly, 1 minute. Pour sauce over mixture in casserole. Cover with plastic wrap. Refrigerate several hours or overnight. Bake in preheated 350°F. oven 40 minutes. Remove from oven and sprinkle with reserved Swiss cheese. Return to oven and bake 10 to 20 minutes, or until a knife inserted in center comes out clean.

SALMON SHELL CASSEROLE (4 servings)

4 oz. uncooked pasta shells
1 can (7½ oz.) salmon
1 can (10¼ oz.) condensed cream of mushroom soup
½ cup instant nonfat dry milk
½ cup dairy sour cream
1 teaspoon Worcestershire sauce
½ teaspoon dry mustard
¼ teaspoon salt
1/8 teaspoon pepper
1½ cups (6 oz.) shredded Swiss cheese
1 cup cooked peas
1 jar (2½ oz.) chopped pimiento, drained
1 can (2.8 oz.) french fried onions, if desired

Preheat oven to 350°F. Cook pasta according to package directions; rinse, drain and set aside. Meanwhile, drain salmon, reserving liquid. Add enough water to liquid to make ½ cup; set aside. Bone, skin and flake salmon; set aside. Combine condensed soup, dry milk, sour cream, salmon liquid and seasonings; mix well. Stir in pasta, 1 cup cheese, peas, salmon and pimiento. Spoon into buttered 1½-quart casserole. Bake 20 minutes. Remove from oven and sprinkle with onions and remaining cheese. Bake about 10 minutes longer, or until cheese is melted and mixture is hot and bubbly. Serve immediately.

HURRAH FOR HAMBURGER

1 pound ground chuck
½ cup chopped onion
¼ cup (½ stick) butter
¼ cup all-purpose flour
½ teaspoon salt
1/8 teaspoon pepper
1½ cups condensed chicken broth
¾ cup instant nonfat dry milk
1½ cups (6 oz.) shredded Cheddar cheese
1 package (10 oz.) frozen mixed vegetables, cooked and drained
1 can (4 oz.) mushroom stems and pieces, drained
½ teaspoon Worcestershire sauce

Mashed potatoes:
4 medium potatoes, peeled and quartered
2 cups water
1 teaspoon salt
½ cup instant nonfat dry milk
3 tablespoons butter
Salt and pepper to taste

For casserole, cook ground chuck and onion in skillet until meat is brown and crumbly; drain; set aside. Preheat oven to 375°F. Melt butter in medium-sized saucepan. Stir in flour and seasonings until smooth. Remove from heat. Gradually stir in condensed broth and dry milk. Bring to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in 1 cup cheese until melted. If necessary, re-

turn to low heat to finish melting cheese. (Do not boil.) Stir in mixed vegetables, beef mixture, mushrooms and Worcestershire sauce. Spoon into 1½-quart shallow casserole. Bake 20 minutes, or until hot and bubbly. Meanwhile, for mashed potatoes, boil potatoes in salted water in a covered pan until tender, 10-15 minutes. Drain, reserving cooking liquid. Add nonfat dry milk to ½ cup cooking liquid. Stir until dissolved. Mash potatoes, then add milk mixture and butter. Beat until fluffy. Season to taste. Pipe potatoes through a fluted pastry tube around edges of casserole. (Or spoon around edge.) Sprinkle with remaining ½ cup cheese. Return to oven 5 minutes, or until cheese is melted.



Try one of these elegant, hearty casseroles for dinner sometime soon and warm away the chilly winds. Clockwise from top: Swiss Tomato Strata, Salmon Shell Casserole, Hurrah for Hamburger.

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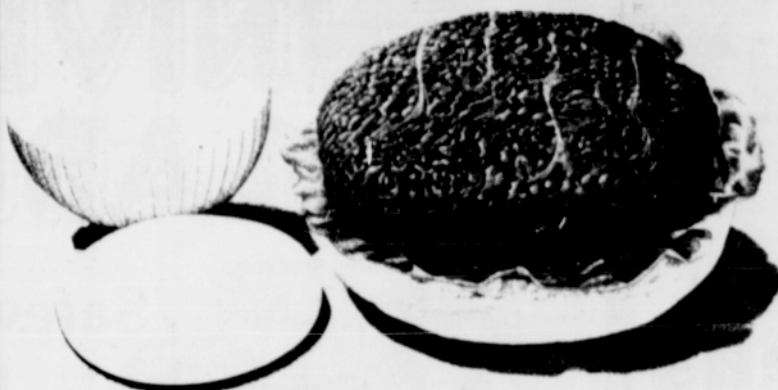
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