

FOOD

Recipes by
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VEGETARIAN RECIPES



Gruyere Vegetable Bake

Ingredients

- 1 bag frozen broccoli, cauliflower and carrots (1 pound)
- 2 tablespoons butter or margarine
- 2 tablespoons Gold Medal® all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon caraway seed
- 1 cup milk
- 1/2 cup shredded Gruyere or Swiss cheese (2 ounces)
- 1/2 cup soft whole wheat or white bread crumbs
- 1 tablespoon butter or margarine, melted

Directions

1. Heat oven to 350 degrees. Cook and drain vegetables as directed on package.
2. Melt 2 tablespoons butter in 1 1/2-quart saucepan over medium heat. Stir in flour, salt, onion powder and caraway seed. Cook, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted. Stir in vegetables.
3. Place vegetable mixture in ungreased 1 1/2-quart casserole. Mix bread crumbs and 1 tablespoon butter. Bake uncovered about 20 minutes or until crumbs are golden.

Mexicali Napoleons

Ingredients

- 1/2 of a (17.3 ounce package) Pepperidge Farm® Puff Pastry Sheets (1 sheet)
- 1 can (about 16 ounces) refried beans
- 1/2 cup shredded Cheddar cheese
- 3 tbsp. canned chopped green chiles, drained
- 1/2 cup sour cream
- 1/4 cup chopped tomato
- 2 green onions, sliced
- 1 tbsp. chopped fresh cilantro leaves

Directions

1. Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F.
2. Unfold pastry on lightly floured surface. Cut into 3 strips along foldmarks. Cut each strip into 2 rectangles. Place 2-inch apart on a baking sheet. Bake for 15 minutes or until they're golden brown. Remove from the baking sheet and cool on a wire rack.
3. Heat the beans in a 1-quart saucepan over medium heat. Split the pastries into 2 layers, making 12 layers in all. Spread the beans on 6 bottom layers. Top with the cheese, chiles and top layers. Spread top layers with sour cream. Sprinkle with tomatoes, green onions and cilantro.



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