



Casseroles Make Easy Meals

When making casseroles, you can make simple ingredient substitutions, and your casserole will be just as delicious.

For example, try cream-of-mushroom or cream-of-celery soup if you don't have cream-of-chicken on hand. A variety of cheeses would work instead of cheddar. You may want to try colby or pepper cheese.

Don't have any cornflakes? Top your potatoes with crushed taco chips, breadcrumbs or crushed cereal. You'll find the results are just as delicious.

Keep some of these basic casserole-building ingredients on hand. It makes fixing dinner an easier task!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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