

## RECIPES FOR THE ELDERLY

### EASY CHICKEN CASSEROLE

Dissolve a chicken bullion cube in 1 cup water. Reserve and refrigerate 1/2 of this to use later. Measure 1/2 cup brown rice in an individual-size, oven-proof dish. Pour the 1/2 cup chicken bullion over the rice. Sprinkle with dehydrated onion flakes. Top with 1 piece of uncooked chicken (breast or thigh works well). Top with 2 T. cream of mushroom soup. Cover with aluminum foil. Bake for 30 minutes at 350°F. Remove foil and continue baking until chicken is browned. Serve with unsalted crackers or 1 slice of toasted whole wheat bread.

(Advantages for the elderly—this is a one-dish meal. Two recipes can be made and one frozen for later use. The recipe uses an oven-refrigerator/freezer dish. If a piece of fresh fruit and a glass of 1% milk is added to the menu a good nutritious low-fat, low-sugar, light fiber meal is obtained.)

**NOTE TO TEACHER:** This recipe may take two days to prepare in the lab. Assemble the ingredients and store the casserole dish in the refrigerator. Cook during the next lab. It could also be prepared in the microwave oven, however, it would be better if the chicken were precooked.

### PEANUT BUTTER SQUARES

(One 8 inch square pan)

1/3 cup peanut butter, creamy or chunky  
1/3 cup butter or margarine  
1/2 teaspoon vanilla  
3/4 cup brown sugar  
1/4 teaspoon salt  
1 egg (or 1/4 cup egg substitute)  
2/3 cup white flour  
1 tablespoon wheat germ

Preheat oven to 350°F.

Mix peanut butter and butter.

Add vanilla, sugar, salt and egg and blend well.

Add flour and wheat germ and beat until smooth.

Spread in buttered baking pan.

Bake 30 minutes.

## WACKY CAKE

(one 8-inch square pan)

1 1/2 cups white flour  
1 cup sugar  
1 teaspoon baking soda  
3 tablespoons baking cocoa  
1 teaspoon salt  
1 teaspoon vanilla  
1 tablespoon vinegar  
5 tablespoons vegetable oil  
1 cup cold water  
1/2 cup chopped nuts (optional)

Preheat oven to 325°F.

Sift flour, sugar, baking soda, cocoa, and salt directly into 8-inch square baking pan.

Make 3 dents in the mixture.

In one dent, pour vanilla.

In another dent, pour vinegar.

In the third dent, pour oil.

Pour water over all and stir until smooth.

If nuts are used, sprinkle over batter.

Bake 25 minutes.

## CORN CHOWDER

(Serves 2, with leftovers)

2 tablespoons vegetable oil  
1 tablespoon chopped onion  
1 celery stalk  
2 tablespoons flour  
Dash pepper  
1 chicken bouillon cube  
1/4 cup water  
1 cup milk  
1 medium cooked potato, chopped  
1 small can creamed corn  
Chopped parsley

Saute onion and celery in oil in saucepan. Stir in flour and pepper and heat until bubbly.

Dissolve bouillon cube in water and stir into flour mixture. Add milk and stir until thickened.

Add potato and creamed corn and simmer 2-3 minutes. **Do not boil.** If chowder is too thick, add milk to thin. Sprinkle each serving with parsley.

## **HAMBURGER STEW**

(Serves 2)

1/2 pound lean ground beef  
1 tablespoon vegetable oil  
1/2 onion, chopped  
1 celery stalk with leaves, chopped  
1 potato, cubed, (peel or unpeeled)  
1 garlic clove, sliced  
1/4 teaspoon salt  
Dash pepper  
1 bay leaf  
1 beef bouillon cube  
2 cups water

Heat oil in saucepan.

Saute ground beef in oil until browned. Drain fat.

Add all other ingredients.

Bring to a boil, then simmer for one-half hour, adding water if needed.

## **GOULASH**

(Serves 2)

1/2 pound lean ground beef  
1/2 cup cooked macaroni  
2 tablespoons chopped green bell pepper  
1 tablespoons steak sauce  
1 cup (1 small can) cream-style corn  
1/2 can tomato soup  
Dash salt and pepper  
1/2 cup grated cheddar cheese

Preheat oven to 350°F.

Brown ground beef in skillet. Drain fat.

Add all other ingredients except cheese and stir.

Place in baking dish and sprinkle with cheese.

Bake 45 minutes.

### **ALTERNATIVE:**

Substitute 1 cup cooked rice for macaroni.

Either recipe can be completed as a skillet dish. Oven bake is optional.

## **TUNA CASSEROLE**

(Serves 6)

3 ounces uncooked elbow macaroni  
3 tablespoons butter or margarine  
3/4 cup chopped celery  
1/2 cup chopped onion  
1/4 cup chopped green pepper  
3 tablespoons flour  
2 teaspoons soy sauce  
1/2 teaspoon dill weed (optional)  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 cup milk  
1 cup cream-style cottage cheese  
1 can (13 oz.) tuna, drained and flaked  
1 can (4 oz.) mushrooms, drained  
1/3 cup bread crumbs or croutons

Cook macaroni according to package directions; drain and reserve.

Melt butter or margarine in 2-quart casserole dish (in microwave 30 seconds). Stir in celery, onion and green pepper. Microwave covered with plastic wrap on full power until tender, about 3 minutes.

Blend in flour, soy sauce, and spices. Stir in milk and cheese. Microwave uncovered on full power, stirring after each minute, until mixture is thickened and bubbly (about 5 minutes).

Stir in reserved macaroni, tuna, and mushrooms. Microwave uncovered on full power, stirring every 3 minutes until hot (about 6 minutes).

Sprinkle top with buttered bread crumbs or croutons. Let casserole stand uncovered 5 minutes before serving.

This recipe will store well in the refrigerator or can be frozen in small portions for later use.

## **SPAGHETTI**

6 oz. spaghetti noodles  
2 1/2 quarts water  
1 Tbsp. salt

Mix salt with water and bring to a boil. Add spaghetti noodles and stir occasionally during cooking. Cook just until tender, about 12 minutes.

## **SPAGHETTI SAUCE**

1/3 lb. ground beef  
1/2 tsp. onion powder or 2 tsp. onion flakes  
1/2 clove garlic, chopped  
1 tsp. Italian Seasoning  
6 oz. can tomato paste  
3/4 c. water  
1/2 tsp. salt or to taste

Brown ground beef with onions, garlic, and Italian Seasoning. Drain grease. Mix in tomato paste and water. Let simmer 12 minutes. Place on spaghetti noodles and eat!

## **GARLIC BREAD**

4 Tbsp. margarine  
1/8 tsp. garlic powder  
1 Tbsp. dried parsley  
4 slices of French bread

Mix margarine and garlic powder together. Spread on bread and then sprinkle with parsley. Wrap in foil and bake at 350°F. for 10-15 minutes, until toasted.