

TACO SALAD

1 lb. hamburger (crumbled and cooked)	1 head lettuce (bite size pieces)
1 can kidney beans (juice and all)	8 oz. sharp cheddar cheese (grated)
4 tomatoes, diced	1 pkg. tortilla chips, crumbled
1 finely diced onion	
4 oz. Thousand Island dressing	
1 c. salad dressing	

Combine cooked hamburger, kidney beans, tomatoes, onion, and dressings. Mix gently. Place a layer of shredded lettuce on plate. Top with hamburger/bean mixture. Sprinkle with grated cheddar cheese and tortilla chips.

LASAGNA CASSEROLE

1/2 lb. ground beef	1/2 can tomato paste
1/2 tsp. garlic salt	1 cup tomatoes, chopped
1/2 cup spaghetti sauce	1 1/2 tsp. Italian Seasoning

Brown meat. Add all other ingredients and simmer for 20-25 minutes while preparing noodles, 1/4 lb. lasagna noodles cooked in boiling, salted water for 10 minutes or until tender.

1/4 cup cottage cheese	4 oz. Mozzarella grated cheese
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Use an 8" square pan. Cutting noodles to fit, layer 1/3 noodles, 1/3 sauce, and 1/3 cheeses. Bake at 350°F for 25-30 minutes. Let stand a few minutes before cutting.

MACARONI AND CHEESE

Prepare a package of macaroni and cheese according to the package directions.

To make a complete meal add:

a meat choice:	1 small can tuna
	1/2 cup diced cooked ham
	1-2 sliced wieners
a vegetable choice:	1/2 cup frozen peas, cooked
	1/2 cup frozen peas/carrots, cooked
	1/2 cup string beans
	1/2 cup diced celery

Heat on low temperature, stirring until all ingredients are heated thoroughly. Serve with a garnish, salad or dessert to make a balanced meal.

Resource for Option #7 - continued

CHINESE SUNDAES OR HAWAIIAN HAYSTACK

6 servings of rice (cooked)
1 large can chow mein noodles
1 boiled deboned chicken or 4 boiled deboned chicken breasts (cubed)
Prepared chicken gravy (heated)
1/2 lb. grated cheese
1 can pineapple chunks or crushed pineapple
1 bunch green onions (chopped)
3 stalks celery (diced)
1 green pepper (diced)
2 tomatoes (diced)
1 c. coconut (shredded)
1 c. chopped nuts (walnuts, almonds or hazel nuts)

Optional ingredients include:

Sliced olives
Maraschino cherries
Cooked peas
Mandarin orange sections

Prepare chicken gravy from broth of boiled chicken by adding a few chicken bouillon cubes, thickening, salt and pepper. Or use Shillings Chicken Gravy Mix, or Franco American Canned Chicken Gravy.

Prepare all ingredients as indicated. Place each item in a separate bowl. Spoon a serving of rice or Chinese noodles on a dinner plate. Layer a serving of each ingredient on top, forming a haystack or resembling a sundae. This is a meal-in-one!

MACARONI AND BEEF DINNER

3/4 lb. ground beef	1 tsp. salt
1 c. zucchini coarsely chopped	2 tsp. Worcestershire sauce
1 small yellow onion (diced)	3/4 tsp. basil
16 oz. tomato sauce	3/4 oregano
8 oz. elbow macaroni	1 1/2 c. water

Brown beef in large skillet. Remove from pan, leaving drippings. Add zucchini, onion and saute for 1 minute. Return beef to skillet and add macaroni, tomato sauce, salt, Worcestershire sauce, basil, oregano and water. Bring mixture to a boil. Cover the skillet, reduce heat and simmer for 12-15 minutes, or until the macaroni is tender, stirring occasionally.

VARIATION: Green pepper can be substituted for zucchini and/or add 1 c. green peas.