

Simple Recipes

Easy Lasagna

- ½ pound ground beef
 - 1 (16 oz) jar spaghetti sauce
 - 4 oz. lasagna noodles, uncooked
 - 7 ½ oz Ricotta cheese
 - 1 cup mozzarella cheese, shredded
1. Preheat oven to 350 degrees.
 2. Cook meat on stove-top until juices run clear. Remove from heat and drain excess grease. At the same time, place noodles in pot of boiling water, then remove noodles when mostly cooked and place on plate.
 3. Put small portion of sauce in bottom of 8X8 baking dish, then stir the rest of the sauce in with the meat.
 4. Layer ingredients in following order: Sauce (no meat), noodles, all of the cheese (saving ½ cup mozzarella for top), sauce (with meat), noodles, sauce.
 5. Bake for 20-30 minutes, or until warmed through and cheese is bubbly.

Grilled Chicken Wraps

- Grilled & Ready fully-cooked chicken breast strips (1 breast)
 - 1/3 cup green pepper, diced
 - ½ small onion, diced
 - 1 tomato, chopped
 - 2 Tbsp. fajita seasoning
 - Shredded cheese, sour cream, salsa
1. Sauté veggies in 1 tsp. oil.
 2. Add chicken, seasoning, and ¼ cup water. Cover and simmer for 15 minutes. Add tomato in last few minutes to warm it up.
 3. Warm tortillas in microwave oven for 10 seconds, with paper towel & plate.
 4. Create wrap with fajita mix, cheese, sour cream, and salsa.

Quick Salmon Bake for Two

- 1 ½ cups cooked rice
 - 1 can (7-3/4 ounces each) salmon, drained and flaked
 - ½ cup shredded Cheddar cheese
 - ¼ cup chopped green onions (scallions)
 - 2 eggs, slightly beaten
 - 2 Tbsp. butter or margarine, melted
 - 1 Sunkist® lemon -grated peel
 - ½ Sunkist® lemon -juice
 - ¼ tsp. seasoned salt
1. In a bowl, combine all the ingredients and mix well. Spoon into 2 small (about 1-1/2-cup) ovenproof individual casseroles.
 2. Bake at 350 F for 25 minutes. Sprinkle with additional cheese.

TUNA VARIATION: Substitute 1 can (about 7 ounces) tuna for the salmon.

Meatball Skillet

- 1 pkg. garlic rice and vermicelli mix
 - 1-1/2 cups water
 - 1 lb. frozen fully cooked meatballs or Easy Meatballs, cooked
 - 2 cups frozen french cut green beans
 - 1 cup sour cream
 - 1/2 cup grated Parmesan cheese
1. Prepare the mix according to package instructions, adding 1/2 cup more water and adding the meatballs along with the water and seasoning packet.
 2. Five minutes before the rice is done, stir in the green beans. Cook until rice and pasta are tender. Remove from heat, stir in sour cream and cheese.
 3. Cover and let stand 5 minutes before serving. Serves 4