

Recycle leftover pasta and rice into tasty dishes

See Larry Jones' column on Taste front.

FRIED RICE

6 tablespoons oil
3 eggs, beaten
dash salt
1 medium onion, chopped
1/2 cup sliced mushrooms
6 cups cooked rice
1 tablespoon soy sauce
Heat 1 tablespoon of oil in a large skillet. Add eggs and salt. Cook until eggs are firm, chopping as you stir

to break up the chunks. Remove eggs to a plate. Heat remaining oil in the skillet and saute the onion until tender, about 3 minutes. Add mushrooms and rice. Stir in egg, season with soy sauce. Serve 4.
For the uninitiated, cooked pasta should not be frozen; however, make it into a casserole and freeze the casserole (if you have room in the freezer).

ALMOND NOODLE CASSEROLE
2 tablespoons butter or margarine

1 cup mushrooms, thinly sliced
1/2 small onion, minced
1/2 teaspoon salt
4 cups cooked noodles
1 1/2 cups chicken broth or consommé
4 tablespoons butter or margarine
1/2 cup sliced almonds
3 tablespoons flour
2 tablespoons chopped parsley

Melt 2 tablespoons of butter or margarine in a skillet. Add onions and cook for 1 minute. Add mushrooms and salt and cook for an additional minute.

Onion minute. Combine noodles with sautéed onions and mushrooms. Pour into a 1 1/2 quart buttered casserole. Pour chicken broth over the top and refrigerate until 30 minutes before serving time. Preheat oven to 375 degrees. Cover casserole and bake for 25 minutes. Combine 4 tablespoons of butter or margarine with flour in a small sauce pot with almonds. Heat over medium heat and stir until sauce becomes dark brown, about 5 minutes. Pour over casserole and toss gently. Sprinkle with parsley and serve. Serves 4.

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I can remember simple dinners of cornbread and soup while growing up in Wyandotte. Here's momma's famous cornbread recipe. (we called it Johnnycake).

CORNBREAD

1 cup flour
1 cup yellow cornmeal
1/2 teaspoon salt

1/2 cup sugar
4 teaspoons baking powder
2 eggs
1/2 cup melted butter or margarine
1 cup buttermilk
Preheat the oven to 425 degrees. Grease an 8x8 baking dish and set aside. In a large bowl, combine the dry ingredients and mix well. Add wet ingredients as listed and mix well. Pour into prepared pan and bake for 25-30 minutes or until golden.

Teacher shares casserole recipes

See related story on Taste front. Livonia Stevenson High School food teacher Sheila Garvey shared these recipes for some of her favorite casseroles. "I have former students coming back all the time for recipes," she said. "They remember it worked in class."

STUFFED GREEN PEPPERS

6 large green peppers
1 pound ground beef
1/2 cup chopped onion
1 16-ounce can tomatoes, cut up
1/2 cup long grain rice
1/2 cup water
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 cup shredded American cheese (4 ounces)

Cut tops from green peppers; discard seeds and membranes. Chop enough of the tops to make 1/2 cup; set aside. Cook the whole green

peppers, uncovered, in boiling water for 5 minutes; invert to drain well. Sprinkle insides of peppers lightly with salt. In a skillet cook ground beef, onion, and the 1/2 cup chopped green pepper 'til meat is browned and vegetables are tender. Drain off excess fat. Add undrained tomatoes, uncooked rice, water, salt, Worcestershire, and dash pepper. Bring to boiling; reduce heat. Cover and simmer 15 to 18 minutes or 'til rice is tender. Stir in cheese. Stuff peppers with meat mixture. Place in a 10 x 6 x 2-inch baking dish. Bake, covered, in a 350 degree oven for 30 to 35 minutes. Serves 6.

TUNA-NOODLE CASSEROLE

6 ounces (about 3 cups) medium noodles
One 6 1/2-, 7-, or 9 1/2-ounce can tuna, drained

1/2 cup mayonnaise
1 cup sliced celery
1/2 cup chopped onion
1/2 cup diced green pepper
1/2 cup pimiento
1 teaspoon salt
1 can cream of celery soup
1/2 cup milk
1 cup (1 1/2 pound) shredded sharp process cheese
1/2 cup sliced blanched almonds, toasted (optional)

Cook noodles in boiling salted water 'til tender; drain. Combine noodles, tuna, mayonnaise, vegetables and salt. Blend together soup and milk, heat through. Add cheese, beat and stir 'til cheese melts. Add to noodle mixture.

Turn into ungreased 1 1/2-quart casserole. Sprinkle with toasted almonds. Bake in hot oven (325 degrees) about 20 minutes or until bubbly. Makes 6 servings.

HAM AND POTATO SCALLOP

1 can condensed cream of mushroom soup
1/2 cup milk
dash pepper
5 cups thinly sliced pared potatoes (about 5 medium potatoes)
1 pound cooked or smoked ham, cut in 1/4-inch cubes (about 2 cups)

1/2 cup chopped onion
1/2 cup chopped green pepper
1 tablespoon butter or margarine

Blend soup, milk and pepper. Add potatoes, diced ham, onion and green pepper. Mix. Turn into ungreased 2-quart casserole. Dot top with butter or margarine.

Bake uncovered in moderate oven (350 degrees) for 1 hour. Cover and continue baking 45 minutes or 'til potatoes are done. Trim top of casserole with parsley. Makes 6 servings.

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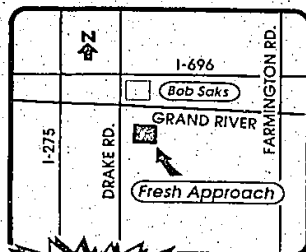
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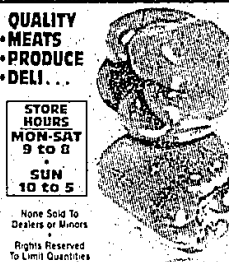
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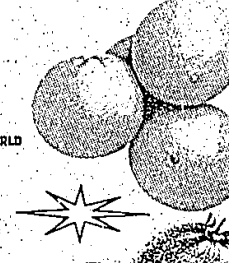
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