



Photo Courtesy of pixabay.com

## EAT WELL, CARE WELL. CAPTIVATING CASSEROLES OR “HOT DISH”

If you left overs and you are tired of eating the same old thing and want something different, casseroles are the way to go. There are endless options and you can use what you have on hand, in the fridge, pantry, freezer or garden. For example, if you have leftover baked chicken, why not try a new recipe such as chicken and dumpling casserole (recipe is on the back). You can find several more quick, healthy and delicious recipes at <https://foodhero.org/recipes/healthy-recipes>

If you are meal prepping or if someone asks how they can help you, casseroles can be made and froze to reheat later. Wondering whether to bake it, then let it cool and freeze it, or to freeze it as-is, before it goes into the oven. It depends on what's in it. If the casserole has **raw protein** (meat, poultry, seafood) in it, it **should be completely cooked before freezing**. If they protein is already cooked, you can freeze and cook later. Tip: Line the baking dish with enough aluminum foil so that there is overhang on all sides. When it is done cooking, let the casserole cool then remove it from the pan by lifting up the foil on both sides. Wrap up the casserole in the foil, then wrap it again in another layer or two of foil. Label the foil then store in the freezer until you're ready to reheat.

**Whether you pre-cook the casserole or not, let is thaw overnight in the refrigerator before baking it in the oven for best results.**

### WEEKLY CHALLENGES

---

FIND CASSEROLE  
RECIPES THAT  
INTEREST YOU

---

ASK A FRIEND TO  
MAKE A CASSEROLE  
FOR YOU

---

MAKE AND FREEZE A  
CASSEROLE

---

VISIT  
FOODHERO.ORG

**REHEAT CASSEROLES  
AT (325° F-350° F) FOR  
20-30 MINUTES, OR  
UNTIL HOT  
THROUGHOUT. IF  
REHEATING FROM  
FROZEN STATE THE  
TIME COULD BE  
DOUBLE.**

## Chicken and Dumpling Casserole

### Ingredients

#### CHICKEN MIXTURE

- 3 Tablespoons vegetable oil
- 1 cup chopped each: **onion** (about 1 medium), **carrot** (about 2 small)t, and **celery** (about 2 stalks)
- 3 cups low-sodium chicken broth
- 3 Tablespoons flour
- 2 cups chopped cooked chicken
- 1 cup frozen peas (or whatever veggies you have)
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- Rosemary, Thyme, and other herbs and seasonings to taste

#### DUMPLINGS

- 1 cup flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ⅓ cup 1% or nonfat milk

### Instructions

- Wash hands with soap and water. Preheat oven to 400 degrees F.

**Chicken mixture:** In a large skillet, add oil and heat over medium-high heat (350 degrees F in an electric skillet). Add onion, carrot, and celery; cook until soft.

- Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
- Add the chicken, veggies, and seasoning. Heat on low while making dumplings.

**Dumplings:** Mix the flour, baking powder, and salt in a mixing bowl. Add the egg to the milk and beat well. Stir into the flour until combined.

- Pour the chicken mixture into a lightly greased casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture (makes about 8 dumplings).
- Bake uncovered for 15 minutes or until the dumplings are golden brown.
- Refrigerate leftovers within 2 hours OR Freeze when cooled.

Recipes adapted from <https://foodhero.org/recipes/chicken-and-dumpling-casserole>