

# Trying New Recipes

## GENERAL TIPS

- What's printed on the recipe is a guideline. Especially as grocery store ingredients have become more unavailable, take the liberty to substitute and swap out ingredients to fit what you have on hand as well as your personal tastes. Pasta can be swapped for rice or potatoes. Vegetables are usually interchangeable. If you don't like a spice, leave it out or change it to one of your favorites.
- Create a road map on how to use ingredients before you go to the grocery store. For example, one whole chicken or one beef roast can turn into two or more meals.
- Don't forget the freezer. If casseroles or dishes make a lot, pop the rest in the freezer for a ready-to-go meal on the days you just don't feel like cooking.
- For new recipes, look online at America's Test Kitchen ([www.americastestkitchen.com](http://www.americastestkitchen.com)). Recipes are tried and true and often provide tips. Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com)) is another great resource..

## Chicken Noodle Casserole

This easy chicken noodle casserole is a complete meal in one pan with chicken, veggies and egg noodles all together in a creamy sauce!

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 6

## INGREDIENTS

12 ounces egg noodles uncooked

4 cups chopped cooked chicken

2, 10-ounce cans cream of chicken soup

1 cup milk

1 cup shredded cheddar cheese

2 cups frozen peas and carrots or frozen mixed vegetables

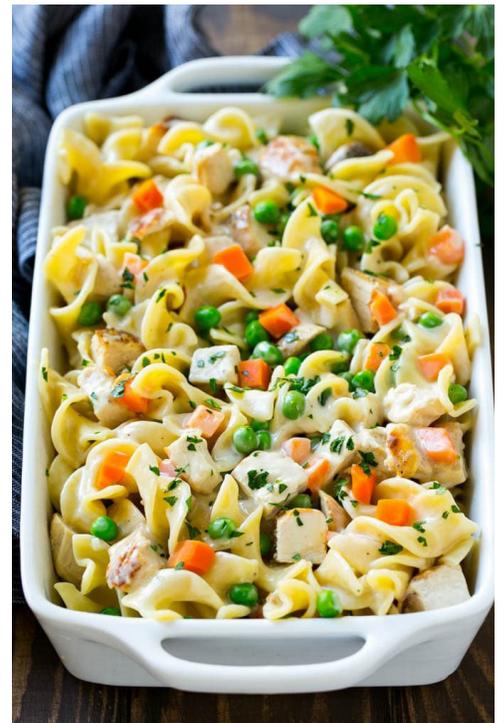
1/2 teaspoon garlic powder

1/2 teaspoon onion powder

salt and pepper to taste

2 tablespoons chopped parsley

cooking spray



## INSTRUCTIONS

Preheat the oven to 350 degrees F. Coat a 9"x13" pan with cooking spray.

Cook the egg noodles according to package directions.

In a large bowl, combine the noodles, chicken, soup, milk, cheese, peas and carrots, garlic powder, onion powder and salt and pepper to taste.

Place the noodle mixture in the prepared dish and cover with foil. Bake for 30 minutes or until heated through. Sprinkle with parsley and serve.

## Herb Vinaigrette

1/4 cup vinegar

1 tablespoon Dijon mustard

1 tablespoon fresh chopped herbs (any variety)

1 tablespoon lemon juice

3/4 cup olive oil

Salt and pepper to taste

Place all ingredients in an air tight container, shake well.



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