

# BONUS 8 X 8 DINNERS

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## **SPINACH-STUFFED CHICKEN PARMESAN**

4 cups fresh spinach  
2 garlic cloves, minced  
2 tsp. olive oil  
2 Tbsp. grated Parmesan cheese, divided  
¼ tsp. salt  
¼ tsp. pepper  
4 boneless, skinless chicken breast halves (4 oz. each)  
½ cup dry bread crumbs  
1 large egg, slightly beaten  
2 cans (8 oz. each) no-salt added tomato sauce  
1 tsp. dried basil  
1 tsp. dried oregano  
3/2 cup shredded part-skim mozzarella cheese

Preheat oven to 375-degrees. In a large skillet, cook and stir spinach and garlic in oil just until wilted. Drain. Stir in 1 Tbsp. parmesan cheese, salt and pepper. Set aside.

Pound each chicken breast with a meat mallet to ¼ inch thickness. Spread each with 1 Tbsp. spinach mixture. Fold chicken breasts in half, enclosing filling; secure with toothpicks.

Place bread crumbs and egg in separate shallow bowls. Dip chicken in egg and then roll in crumbs to coat. Place seam side down in an 8 x 8 inch square baking container coated with cooking spray. Bake uncovered, for 20 minutes.

Meanwhile, in a large bowl, combine the tomato sauce, basil and oregano. Pour over the chicken. Sprinkle with mozzarella cheese and the remaining Parmesan cheese. Bake uncovered, 10 to 15 minutes longer or until a thermometer reads 165-degrees. Discard toothpicks and serve. Serves 4

## **TACO SALAD CASSEROLE**

1 lb. ground beef  
¼ cup chopped onion  
1 cup chopped green pepper  
1 envelope taco seasoning  
½ cup water  
1 cup crushed tortilla chips  
1 can (16 oz.) refried beans  
1 cup shredded cheddar cheese

Optional toppings: chopped lettuce, chopped tomatoes, sliced black olives, sour cream and picante sauce

In a large skillet, cook ground beef, onion and green pepper over medium heat until the meat is no longer pink; drain. Stir in the taco seasoning and water. Cook and stir until thickened, about 3 minutes, set aside.

Place chips in a greased 8 x 8 inch baking dish. In a bowl, stir refried beans, spread over chips. Top with beef mixture and cheese.

Bake casserole uncovered at 375-degrees until heated through, 15 – 20 minutes. Top with lettuce, tomatoes and olives. Serve with sour cream and picante sauce. Makes 4 servings

## **FRENCH ONION SHEPHERD'S PIE**

4 large onions, halved and thinly sliced  
1 Tbsp. canola oil  
1 lb. ground beef  
2 Tbsp. all –purpose flour  
½ tsp. salt  
1 can (14 ½ oz.) reduced sodium beef broth  
2 Tbsp. brandy or additional beef broth  
1 Tbsp. Worcestershire sauce  
1 Tbsp. stone-ground mustard  
3 cups mashed potatoes  
1 cup shredded Swiss cheese

In a large skillet, sauté onions until soft; reduce heat to medium-low; cook 30 – 35 minutes or until deep golden brown, stirring occasionally.

Meanwhile, in a large saucepan, cook beef over medium-high heat until no longer pink, drain. Stir in flour and salt until well blended, cook 1 minutes longer. Combine the broth, brandy, Worcestershire sauce and stone-ground mustard. Gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in onions, heat through.

Transfer beef mixture to a greased 8 x 8 inch baking pan. Spread with the mashed potatoes; sprinkle with the Swiss cheese. Bake uncovered at 375 –degrees for 30 – 35 minutes or until bubbly and the cheese is melted. If desired, increase the oven temperature to 475-degrees and bake an additional 8 – 10 minutes or until the top is golden brown. Serves 4

## **PASTRY-TOPPED TURKEY/CHICKEN CASSEROLE**

2 cups diced red potatoes  
1 large onion, chopped  
2 celery ribs, chopped  
2 tsp. chicken bouillon granules  
½ tsp. dried rosemary, crushed  
¼ tsp. garlic powder  
¼ tsp. dried thyme  
1/8 tsp. pepper  
1 can (14.5 oz.) reduced sodium chicken broth  
½ cup water  
3 Tbsp. all-purpose flour  
2/3 cup fat free evaporated milk  
3 cups frozen mixed vegetables, thawed and drained  
2 cups cubed cooked turkey breast and/or chicken breast  
1 refrigerated ready-made pie crust  
Paprika

Preheat the oven to 400-degrees. Place the first 10 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 8 – 10 minutes.

Whisk the flour and evaporated milk until smooth, stir into pan. Bring to a boil; stirring constantly; cook and stir until thickened, 2 minutes. Add frozen vegetables and the turkey and/or chicken, heat through, stirring occasionally. Transfer to an ungreased 8 x 8 inch baking dish.

Unroll the ready-made pie crust and cut into strips. Arrange the strips on top of the casserole filling. Brush the strips with milk and sprinkle with paprika. Bake uncovered until the filling is bubbly, 20 to 25 minutes. Let the casserole stand for 10 minutes prior to serving. This will serve 6

## **RED PEPPER MEAT LOAF**

2 Tbsp. beaten egg  
1½ tsp. milk  
¼ cup coarsely crumbled cornbread  
¼ cup finely chopped sweet red pepper  
2 Tbsp. finely chopped onion  
½ pound ground pork  
½ pound ground turkey  
2 Tbsp. barbecue sauce.

Combine the first 5 ingredients together, stir to mix. Crumble the pork and turkey over the mixture and mix well. Shape mixture into a loaf and place in an 8 x 8 baking dish. Brush top with barbecue sauce.

Bake uncovered, at 350-degrees for 40 to 45 minutes or until an instant- read thermometer reads 165-degrees. Let rest 5 minutes prior to slicing and serving.  
Serves 4

## QUINOA AND BLACK BEAN STUFFED PEPPERS

1½ cups water

1 cup quinoa, rinsed

4 large peppers - you can use green, red, orange or yellow

1 jar (16 oz.) chunky salsa

1 can (15 oz.) black beans, rinsed and drained

½ cup ricotta cheese, either whole or reduced fat

½ cup shredded Monterey Jack cheese, divided

Preheat oven to 400-degrees. In a saucepan, bring water to a boil. Add quinoa; reduce heat, simmer, covered, until the water is absorbed, 10 to 12 minutes.

Meanwhile, cut and discard tops from peppers; remove seeds. Place in a greased 8 x 8 inch **microwave safe** baking dish, cut sides down. Microwave peppers uncovered until crisp tender, 3 to 4 minutes. Turn the peppers cut side up.

Reserve 1/3 cup of the salsa. Add remaining salsa to the quinoa. Stir in the black beans, ricotta cheese and ¼ cup Monterey Jack cheese. Spoon this mixture evenly into the peppers and then sprinkle with the remaining Jack cheese. Bake the stuffed peppers uncovered in the oven for 10 to 15 minutes or until heated through. Remove from the oven and top with the reserved salsa. Serves 4

## **CHICKEN TATER BAKE**

2 cans (10 <sup>3</sup>/<sub>4</sub> oz. each) condensed cream of chicken soup, undiluted

<sup>1</sup>/<sub>2</sub> cup milk

<sup>1</sup>/<sub>4</sub> cup butter, cubed

3 cups cubed cooked chicken

1 pkg. (16 oz.) frozen peas and carrots, thawed

1 <sup>1</sup>/<sub>2</sub> cups shredded cheddar cheese, divided

1 pkg. (32 oz.) frozen Tater Tots.

In a large saucepan, combine the soup, milk and butter. Cook and stir over medium heat until heated through. Remove from the heat, stir in the chicken, peas and carrots and 1 cup of the cheddar cheese.

Transfer the mixture to 2 greased 8 x 8 baking pans. Top with Tater Tots.

Cover and freeze one of the dishes for up to 3 months. Bake the remaining dish at 400-degrees until bubbling, 25 to 30 minutes. Sprinkle with <sup>1</sup>/<sub>4</sub> cup cheese, bake an additional 5 minutes or until the cheese is melted. This makes 2 casseroles, approximately 6 servings each.

## HAM RAVIOLI BAKE

1 pkg. (25 oz.) frozen cheese ravioli  
1½ cups cubed fully cooked ham  
1½ cups sliced fresh mushrooms  
¼ cup chopped onion  
¼ cup chopped green pepper  
1 Tbsp. canola oil  
1 jar (15.oz.) Alfredo sauce

Cook cheese ravioli according to package directions. Meanwhile, in a large skillet, cook the ham, mushrooms, onion and peppers in oil over medium heat for 4 – 5 minutes or until the vegetables are crisp tender.

Spread 2 Tbsp. of the jarred Alfredo sauce into a greased 8 x 8 baking pan. Stir the remaining sauce into the ham/vegetable mixture; cook for 3 – 4 minutes or until heated through.

Drain the ravioli and place half in the bottom of the baking pan, top with half of the ham/vegetable mixture. Repeat layers. Cover and bake at 375-degrees for 20-25 minutes or until bubbly. Serves 4