

MEXICAN LASAGNE

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| 1 lb. pinto beans | 1 container nonfat ricotta cheese |
| Garlic | or 1 lb. soft tofu for vegan |
| Cumin | 16 oz. container salsa |
| Chili powder | nonfat yogurt (optional) |
| 1 dozen corn tortillas | |

Soak, cook, and mash 1 pound pinto beans, seasoned with a little garlic, cumin, and chili powder. In a casserole dish, spoon a couple of spoonfuls of salsa. Cover the bottom of the casserole dish with tortillas. Spread a layer of mashed beans. Spoon on some salsa. A layer of tortillas. Layer of ricotta or tofu. Spoon on some salsa then another layer of tortillas. Top with beans, yogurt, and more salsa. Bake at 350° for about ½ hour. Good with Mexican rice and/or a big salad.

Cheryl Blakeney

CHICKEN POT PIE

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| 2 cans cream of potato soup | ½ tsp. thyme |
| 15 oz. can Veg-All mixed vegetables, drained | ½ tsp. black pepper |
| 1 ½ c. cooked, diced chicken | 2 - 9 inch frozen pie crust, thawed |
| ½ c. milk | 1 egg, slightly beaten (optional) |

Combine first 6 ingredients. Spoon into prepared crust. Cover with top crust. Crimp edges to seal. Slit top crust and brush with egg, if desired. Bake at 375° for 40 minutes. Cool 10 minutes.

Ellen Kinney

CHEESE AND EGG CASSEROLE

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| 3 cups seasoned croutons | ¾ tsp. onion powder |
| 15 large eggs | 2 tbsp. chopped fresh or frozen chives |
| 2 c. milk | 1 ½ c. shredded cheddar cheese |
| 1 tsp. seasoned salt | |
| 1 tsp. ground pepper | |

Place croutons in a 9 x 13 pan coated with Pam spray. Whisk together eggs and next 5 ingredients; stir in cheese. Pour over croutons. Cover and chill 8 hours, stirring once. Uncover and stir. Bake at 350° for 30 minutes.

Dewanna Little