

LAZY LASAGNA

SERVES 4

TIME: 28 min

PER SERVING: \$2.67



- 8 oven-ready lasagna noodles (from an 8-oz box)
- 1 lb ground beef round
- 1 bell pepper, preferably yellow or red, cut in narrow strips
- 1 bunch (about 6 oz) broccoli (see FYI), ends trimmed, or 3 cups broccoli florets
- 1 jar (26 oz) marinara sauce or arrabbiata (a spicy-hot tomato-based sauce)
- 1 cup part-skim ricotta cheese
- 1 cup (4 oz) pizza shreds (a blend of mozzarella, provolone, Parmesan and Romano cheeses) or other shredded cheese blend
- Garnish: shredded basil leaves

FYI
A cross between broccoli and Chinese kale, broccolini is sweet with a peppery bite and delicate crunch.

1. Soak noodles in hot water to cover 5 to 8 minutes until softened, being careful they don't stick together.
 2. Meanwhile heat a 10- or 12-in. skillet over medium-high heat. Add beef and bell pepper and cook, stirring with a wooden spoon to break up clumps of beef, 6 minutes or until meat is no longer pink. Add water and broccoli. Reduce heat, cover and simmer about 3 minutes until broccoli is crisp-tender. Stir in marinara sauce; reduce heat to medium-low.
 3. Take noodles from water, tear in half lengthwise (see Cooking Lesson, below) and add to skillet. Stir to mix and coat. Dot with spoonfuls of ricotta; sprinkle with shreds.
 4. Cover and simmer 5 to 8 minutes until cheese melts. Remove from heat; garnish with basil. Serve from skillet.
- Per serving: 735 cal, 46 g pro, 55 g car, 5 g fiber, 39 g fat (16 g saturated fat), 121 mg chol, 1,629 mg sod

cooking lesson



One at a time, take the noodles from the soaking water, tear them in half lengthwise and add to the skillet.

Swiss & Salmon Bites



- 3 eggs
- 1 can (14 1/2 oz.) premium red or pink salmon, drained, skin and bones removed
- 2 Onion, Parsley Flakes
- 1 tsp. dry mustard
- 1/2 cup dry bread crumbs
- 1 cup shredded Swiss cheese
- 1 cup milk

1. With an electric mixer, beat eggs. Add remaining ingredients and mix well.
2. Spoon salmon mixture into lightly greased mini muffin tins to fill. Bake in 350°F. oven 25-30 min. until lightly browned on edges. Cool 5 min. Loosen with a knife and remove to serving plate. Serve warm. Makes 26-28.

Variation: Bake salmon mixture in lightly greased 8-in. square baking pan for 35-40 min. Cool 5 min. Cut into squares or triangles.

Questions on spices? Please call 1-800-632-5847

SPEEDY SALMON FILLET

By Barbar

- 1 1 1/2-pound boneless skinless fresh salmon fillet
- 3 tablespoons lemon juice
- 1 tablespoon snipped fresh basil
- 1 tablespoon cooking oil
- 1 tablespoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon bottled minced garlic
- 1/4 teaspoon pepper

Rinse salmon; pat dry. For sauce, in a small mixing bowl combine remaining ingredients; brush some over salmon. Place salmon in a greased grill basket, turning thin ends of fillet under to make an even thickness. Measure fillet's thickness. Close basket. Place on uncovered grill directly over medium-hot coals. Grill 4 to 6 minutes per 1/2-inch thickness or till salmon on flakes easily when tested with a fork, brushing often with sauce. (If salmon is 1 inch or more thick, turn halfway through grilling.) Serves 6.

Nutrition information per serving: 205



Layered Tuna Bake

Main Dishes

- 2 cans (6 1/2 ounces each) tuna, drained
- 1 egg
- 2 tablespoons lemon juice
- 1/2 cup shredded Cheddar cheese
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped toasted almonds
- 2 cups Bisquick® baking mix
- 1/2 cup milk
- 1/2 cup mayonnaise or salad dressing
- 1 egg yolk, beaten
- Dill Sauce (below)

Heat oven to 400°. Grease baking dish, 8x8x2 inches. Mix tuna, cheese, onion, celery, almonds, lemon juice, egg, salt and pepper. Mix baking mix, milk and mayonnaise; beat vigorously 20 strokes. Spread half the dough in dish; top with tuna mixture. Spread remaining dough over tuna mixture. Brush with egg yolk. Bake until deep golden brown, 25 to 30 minutes. Serve with Dill Sauce. 6 to 8 servings.

Dill Sauce: Heat 2 tablespoons margarine or butter in 1-quart saucepan over low heat until melted. Stir in 2 tablespoons Bisquick baking mix, 1/2 teaspoon dried dill weed, 1/2 teaspoon salt and 1/2 teaspoon pepper. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in 1 cup milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

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