

27 Easy & Healthy Casserole Recipes For You



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Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – www.primecp.com

Letter from the Editors

Dear Healthy Cooking Enthusiast:

When it comes to easy, family-friendly cooking, nothing can hold a candle to casserole recipes. All you need to do is combine choice ingredients in a casserole dish, and then cook everything until a delicious dinner is served. The only problem with typical casserole recipes is that they are often loaded with heavy, calorie-laden ingredients.

Luckily, you can have your casserole and eat it too! With this eCookbook, *27 Easy and Healthy Casserole Recipes For You*, FaveDiets.com had gathered together the best healthy casserole recipes. Use any of these healthy casseroles to serve a scrumptious supper that everyone will salivate over.

We have assembled some of the absolute best casserole recipes around, including healthy chicken casseroles, vegetable casserole recipes and healthy casseroles with ground beef. This healthy cooking eCookbook has everything from Swiss Cheese and Chicken Casserole and Healthy Spinach Bake to Ultimate Meatloaf Casserole and Easy Breakfast Potato Casserole. The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy casserole recipes!

For additional healthy casserole recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy casserole recipes!

Sincerely,

The Editors of FaveDiets

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Chicken Casserole Recipes

Heart Healthy Cracker Barrel Copycat Chicken Casserole

Description

Looking for the best copycat recipes from Cracker Barrel? This delicious Cracker Barrel copycat chicken casserole has been transformed into a heart-healthy Cracker Barrel copycat chicken casserole recipe. It's so good you'll swear it's the real thing.

Ingredients

--Cornbread:

- 1 cup yellow cornmeal
- $\frac{1}{3}$ cup whole wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 tablespoon sugar (or equivalent sugar substitute)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 2 tablespoons vegetable oil (or equivalent butter substitute)
- $\frac{3}{4}$ cup low fat buttermilk
- 1 egg (or equivalent egg substitute)
- $\frac{1}{2}$ cup melted margarine (or equivalent butter substitute)

--Chicken Filling:

- 2 tablespoons margarine (or equivalent butter substitute)
- $\frac{1}{4}$ cup chopped yellow onion
- $\frac{1}{2}$ cup celery, sliced thin
- 1 $\frac{3}{4}$ cups low sodium chicken broth
- 1 can low fat cream of chicken soup
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 $\frac{1}{2}$ cups cooked chicken breasts, cut into bite-size pieces

Instructions

Cornbread:

1. Mix all except melted margarine (or equivalent butter substitute) together in mixing bowl until smooth.
2. Pour into greased (or sprayed) 8-inch square baking pan and bake at 375 degrees F for 20 to 25 minutes until done.
3. Remove from oven and let cool completely.
4. When cool, crumble cornbread and place 3 cups of cornbread crumbs in mixing bowl.

5. Add 1/2 cup melted margarine (or equivalent butter substitute) to crumbs and mix well, set aside

Chicken Filling:

1. In saucepan on medium low heat, place margarine (or equivalent butter substitute) and sauté onion and celery until transparent, stirring occasionally.
2. Add chicken broth, low fat cream of chicken soup, salt and pepper.
3. Stir until well blended and soup is dissolved completely.
4. Add chicken; stir and blend until mixture reaches a low simmer.
5. Cook for 5 minutes, and then remove from heat.
6. Place chicken mixture in greased 2 1/2-quart casserole dish or individual casserole dishes (about four).
7. Spoon cornbread crumb topping on top of chicken mixture; do not stir into chicken filling.
8. Place baking dish in preheated oven at 350 degrees F for 35 to 40 minutes. The crumbs will turn a golden yellow.
9. A side order of country green beans or salad makes for a hearty meal.

Uncle Leeroy's Chicken Broccoli Casserole

Description

Uncle Leeroy may not be the most pleasant of your relatives to be around all day, but he sure knows how to cook! His special chicken casserole always has the whole family smiling, ever since he started getting interested in healthy recipes on a budget. Now you'll be willing to spend the afternoon with Uncle Leeroy, so long as lunch is provided!

Ingredients

- 1 whole chicken, skin removed and diced
- 1 bunch of broccoli
- 1 cup fat free or low fat mayonnaise
- Juice of one lemon
- 1 egg yolk
- Salt and pepper to taste
- 2 cups low fat cheddar cheese
- 1 cup unseasoned breadcrumbs

Instructions

1. Roast diced skinless chicken until it is half-way cooked.
2. Meanwhile, steam bunch of broccoli until it is also halfway cooked. Remove both from heat.
3. Mix 1 cup of mayonnaise with the juice of one lemon and egg yolk. Season to personal taste with salt and pepper.
4. Grate 2 cups low fat cheddar cheese. Prepare one cup breadcrumbs, not seasoned.
5. Place chicken pieces at the bottom of a casserole dish and place broccoli on top of it.
6. Pour the mayonnaise mixture over the broccoli, then sprinkle with the cheddar cheese and top with bread crumbs.
7. Bake at 425 degrees F for about 20 minutes or until the chicken is done.

Chicken Rice Casserole in a Slow Cooker

Description

Amongst quick easy chicken recipes, this slow cooker recipe reigns supreme. Simple, cheap ingredients make for a delicious quick chicken dish. Give this recipe a try for moist boneless chicken breast without a fuss.

Serves: 4

Ingredients

- 4 large skinless chicken breasts
- 1 can light cream of chicken soup
- 1 can light cream of celery soup
- 1 can light cream of mushroom soup
- 1/2 cup celery, diced
- 1 cup instant brown rice

Instructions

1. Mix, in the slow cooker, the 3 cans of soup and rice.
2. Place the chicken on top of the mixture, and then add the diced celery.
3. Cook for 3 hours on high or 4 hours on low.

15 Minute Chicken Casserole

Description

No oven, no problem. Make one of the tastiest chicken casserole recipes around in no time at all with a pressure cooker. See, you don't need lots of time and calories to make a delicious chicken casserole recipe.

Serves: 4

Preparation Time: 15 min

Cooking Time: 12 min

Ingredients

- 8 skinless chicken thighs, boneless and removed of excess fat
- 2 cups low sodium chicken broth
- 1 cup dry wine
- 2 teaspoons minced garlic, about 4 cloves
- 2 cups whole grain biscuit mix
- 2/3 cup skim milk
- 1 tablespoon dried dill

Instructions

1. Add chicken thighs, broth, wine and garlic to cooker and cook for six minutes under high pressure in a pressure cooker. Reduce pressure quickly under cold water.
2. Combine biscuit mix, milk, and dill and drop large spoonfuls into boiling chicken broth.
3. Cook uncovered for six minutes.

Swiss Cheese and Chicken Casserole

Description

Healthy recipes on a budget may sound like a dream in the clouds, but this chicken and cheese casserole recipe hit the hammer on the head. You're going to love the cheesy flavor of this healthy baked chicken recipe! Add vegetables to make it even healthier than before.

Serves: 6

Ingredients

- 6 boneless and skinless chicken breasts
- 6 slices of low fat Swiss cheese
- 1 can cream of low sodium mushroom soup
- 1/4 cup fat free milk
- 2 cups stuffing mix (low fat or low sodium if sold)
- 1/2 cup butter substitute, melted

Instructions

1. Lightly grease slow cooker with low fat cooking spray.
2. Place skinless chicken breasts in pot. Top with low fat Swiss cheese.
3. Combine low sodium soup and fat free milk, stirring until properly mixed.
4. Spoon over Swiss cheese and then sprinkle with stuffing mix.
5. Drizzle melted butter substitute over stuffing mix.
6. Cook on low eight to ten hours or high four to six hours.
7. Serve and enjoy.

Family Favorite Chicken Casserole

Description

With more flavor than you can shake a stick at, this recipe for chicken casserole will be an instant smash hit with your family. With healthy ingredients, don't feel bad about serving up this chicken casserole recipe.

Serves: 6

Ingredients

- 3 turkey bacon strips
- 1/2 cup chopped onion
- 1/2 cup celery, sliced thinly
- 4 ounces can sliced mushrooms, drained
- 10 3/4 ounces can condensed reduced sodium cream of celery soup, undiluted
- 1 cup fat free sour cream
- Salt, to taste
- 1/8 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 2 ounces jar diced pimientos
- 4 cups diced cooked chicken, removed of excess skin and fat
- 1 1/2 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup reduced fat cheddar cheese, shredded
- 1 teaspoon dried parsley
- 1/4 cup light salad oil
- 6 tablespoons skim milk plus 1 teaspoon lemon juice
- Paprika, to taste
- Fresh parsley, if desired

Instructions

1. In a large skillet, cook turkey bacon. Crumble and set aside.
2. Sauté onion, celery and mushrooms in bacon drippings until tender.
3. Add soup, sour cream, salt, pepper, Worcestershire sauce, pimientos, chicken and turkey bacon; mix well.
4. Spread into a greased 13 x 9 x 2-inch baking dish.
5. Bake at 350 degrees F for 25 minutes.

6. Meanwhile, to make the topping, combine flour, baking powder, soda and salt.
7. Add cheese and parsley. Blend in oil and buttermilk to moisten mixture.
8. With floured fingers, shape dough into 24 mini biscuits. Arrange over partially baked casserole and sprinkle lightly with paprika.
9. Return to oven and bake 20-25 minutes more.
10. Garnish with fresh parsley if desired.

Chicken Fiesta Casserole

Description

This recipe for chicken casserole is so good because it incorporates the classic Mexican flavors that you have grown to love. Give this Mexican casserole recipe a try tonight to discover a whole new world of flavor.

Serves: 28

Cooking Time: 1 hour

Ingredients

- 12 cups lean skinless chicken, cooked and diced
- 12 cups reduced fat Monterey Jack cheese, shredded
- 6 cups canned green chilies, chopped
- 1 quart fat free sour cream
- 4 cans low sodium cream of chicken soup
- 3 cups salsa
- 48 corn tortillas
- 7 cups reduced fat Cheddar cheese, grated

Instructions

1. In a large bowl, mix chicken, jack cheese, chilies, sour cream, soup, and salsa.
2. In a five quart round container, layer the tortillas with the mixture. Use one tortilla, then one big cup of mixture, then tortilla; and press down.
3. Repeat till the mixture is gone, ending with tortillas.
4. Divide the cheddar into seven portions, place into bags, and place one on top of each casserole.
5. Before baking, pop the casserole out of the container, place in an oven-proof casserole dish, top with the grated cheddar.
6. Bake at 375 degrees F for 45-60 minutes, till hot and bubbly throughout.

Notes

This recipe makes enough for seven casseroles.

Make Ahead Healthy Chicken Casserole

Description

The Make Ahead Healthy Chicken Casserole is one dish that you don't want to pass up! This recipe for chicken casserole combines white meat chicken, whole grain pasta, and yummy cheese to make a healthy and tasty meal!

Serves: 4

Cooking Time: 1 hour

Ingredients

- 8 ounces whole grain macaroni, uncooked
- 1/2 pound Velveeta 2% Milk cheese, cubed
- 4 eggs, hard-boiled, chopped
- 1 can low-fat cream of mushroom soup
- 2 cups white meat chicken, cooked and chopped
- 1 can low-fat cream of chicken soup
- 2 cups skim milk

Instructions

1. Mix the skim milk, white meat chicken, and whole grain macaroni with all the other ingredients.
2. Then cover and refrigerate overnight.
3. Take out one hour before cooking.
- 4.** Bake for one hour at 350 degrees F.

Vegetable Casserole Recipes

Easy Cheesy Zucchini Casserole

Description

If you like your casseroles cheesy, like I do, then you're going to love this Quick Easy Cheesy Zucchini Casserole recipe! The combination of low-fat cottage cheese and Parmesan makes it creamy, delicious and health-conscious. At our house, we can't get enough of it!

Serves: 4

Preparation Time: 10 min

Cooking Time: 30 min

Ingredients

- 3 medium zucchini, sliced
- 1/2 cup chopped onion
- 2 tablespoons olive oil
- 16 ounces low-fat cottage cheese
- 1 teaspoon basil
- 1/2 teaspoon oregano
- 1/4 teaspoon freshly ground black pepper
- 2 large tomatoes, peeled and sliced
- 1/2 cup grated Parmesan cheese

Instructions

1. Preheat oven to 350F degrees.
2. Sauté zucchini and onion in oil until onion is translucent.
3. In blender or mixer, whip cottage cheese with basil, oregano, and pepper.
4. In a 2-quart greased baking dish, alternate layers of zucchini, cottage cheese, and tomato slices.
5. Top with Parmesan cheese.
6. Bake at 350F degrees for 25-30 minutes.

Homemade Green Bean Casserole

Description

Homemade Green Bean Casserole is a great, all-natural recipe if you have time and like eating foods without added preservatives. The green bean casserole recipe will be a sure delight and is a perfect Thanksgiving recipe.

Serves: 12

Ingredients

- 1/2 cup margarine
- 1/4 cup chopped onions
- 1/2 cup wheat flour
- 4 cups low sodium chicken stock
- 1 egg yolk
- 1/2 cup milk or light cream
- 1 bay leaf
- 1 pinch nutmeg
- 1 pinch salt
- 2 tablespoons margarine
- 1/2 pound chopped mushrooms

Instructions

1. Steam fresh green beans al denté and add cream of mushroom soup (recipe below).
2. Bake at 350 degrees F for 40 minutes and add fried onion rings (recipe below) on top to finish.

Cream of Mushroom Soup

1. Melt 2 tablespoons margarine in 1½-quart saucepan.
2. Add onions and cook slowly until onions are transparent.
3. Add the wheat flour; stir over medium heat for 3 minutes.
4. Add the low sodium chicken stock and seasonings and whip until all lumps are dissolved.
5. Bring to boil and simmer slowly, skimming occasionally for 20 minutes.
6. Strain.
7. Heat sauté pan and add 2 tablespoons margarine and mushrooms.
8. Cook over high heat until mushrooms turn gray, but do not brown.

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9. Add to soup and simmer for 10 minutes.
10. Just before serving, heat soup up to boiling point.
11. In a separate bowl, mix yolk with cream.
12. Start adding hot soup, whipping steadily with wire whisk.
13. When half of soup is added, pour it all back into the remaining soup in the sauce pan and return to heat for 2 minutes, but do not boil.

Fried Onion Rings

- 4 large Spanish onions
 - 1 cup wheat flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking soda
 - 1 egg
 - 1 cup low fat buttermilk
 - peanut oil
1. Cut onions into slices 1/4-inch thick.
 2. Separate slices into rings.
 3. Soak rings in ice water for at least two hours.
 4. Drain them, and then dry.
 5. Meanwhile, sift wheat flour with salt and baking soda.
 6. Beat egg and add low fat buttermilk.
 7. Add dry ingredients and beat until blended.
 8. Dip onion rings into batter and fry in deep hot peanut oil until golden brown.
 9. Drain on paper towels.

Super 7 Layer Casserole

Description

For an easy way to get lots of veggies into one meal, try this easy-to-make casserole! Put it in the oven and relax while it cooks, then enjoy a delicious supper.

Serves: 8

Cooking Time: 1 hour

Ingredients

- 4 white potatoes, sliced
- 1 16-ounce can peas, drained, 1/3 cup of the liquid reserved
- 1/2 head red or white cabbage, shredded
- 2 large sweet potatoes, sliced
- 1 pound fresh mushrooms, sliced
- 1 large Bermuda onion, sliced thin
- 1 large red onion, sliced thin
- 4 8-ounce pork or lamb chops
- Garlic powder, salt, and pepper to taste
- 16 ounces marinara or catsup

Instructions

1. Preheat oven to 350F degrees. Spray the bottom of a casserole dish lightly with cooking spray.
2. Layer the sliced white potatoes and sprinkle with garlic powder.
3. Layer peas. Layer sweet potatoes.
4. Layer cabbage and sprinkle with salt and pepper. Layer mushrooms and sprinkle with pepper. Layer both onions and sprinkle with pepper.
5. Sprinkle chops with garlic, salt, and pepper and place them, seasoned side down, on top of the onions.
6. Mix the reserved pea water with the marinara or catsup and pour over the casserole.
7. Cover with a tight lid or foil and bake at 350F degrees for 40-45 minutes.
8. Remove cover and bake another 15 minutes or so, until top is browned well.

Healthy Spinach Bake

Description

Spinach is one of the healthiest greens you can eat, so use your fresh or frozen spinach in this easy dish. It is a great alternative to plain spinach and it will even get the kids to try this vegetable.

Serves: 6

Preparation Time: 5 min

Cooking Time: 45 min

Ingredients

- 10 ounces fresh spinach, whole or 12 oz. frozen; chopped
- 1/4 cup onion, chopped
- 4 egg whites, well beaten
- 2 tablespoons low-fat Parmesan cheese, grated
- 1 cup 1% milk
- 1/2 teaspoon salt
- 1/3 cup celery, chopped
- 1/2 teaspoon nutmeg, ground

Instructions

1. Wash fresh spinach and discard stems. Steam in a covered saucepan over low heat until the leaves are wilted.
2. Drain in a colander or sieve, press out liquid and chop spinach. (OR Thaw frozen chopped spinach and press out liquid.)
3. Mix remaining ingredients together, and then fold in spinach. Pour mixture into a well-greased 9 inch pie plate.
4. Bake at 375 degrees F for 45 minutes or until a knife inserted in the middle comes out clean. Cut into 6 wedges and serve warm.

Cornbread Casserole made with Jiffy

Description

Jiffy cornbread is always a treat. This awesome casserole is so tasty that your whole family will be getting seconds as dessert. Corn bread casseroles are a great way to take one of the tastiest things around and make it into a meal. Enjoy!

Cooking Time: 1 hr. 40 min

Ingredients

- 1 can (17-ounce) whole corn
- 1 can (17-ounce) creamed corn
- 1 cup fat-free sour cream
- 1/2 cup melted butter substitute
- 1 (8.5-ounce) package Jiffy Corn Muffin mix

Instructions

1. Preheat oven to 300 degree F.
2. Combine all ingredients in a large bowl and mix thoroughly.
3. Pour into a 2-quart casserole dish.
4. Bake in a 300 degree F oven for 1 hour 40 minutes.

Notes:

For some added zing, add prepared green or hot chilies to the mixture.

Jiffy Corn Muffin Mix is a commercial preparation available in the United States. You might get by using the dry ingredients for regular corn bread and perhaps the oil.

Chinese Style Green Bean Casserole

Description

This green bean casserole is so unbelievably good because it provides a unique twist on a classic dish. You will be surprised by how good this American food meets Asian food recipe truly is.

Cooking Time: 30 min

Ingredients

- 10 ounces frozen French style green beans
- 1 tablespoon light oil
- 1 tablespoon whole wheat flour
- 3/4 cup skim milk
- 2 tablespoons low sodium soy sauce
- 1 cup fat free sour cream
- 2 lean cooked ham, diced
- 1/2 cup whole wheat bread crumbs
- 1 pinch paprika
- Vegetable spray

Instructions

1. Thaw green beans, drain well.
2. Combine oil and flour; add milk, and soy sauce. Cook over medium heat, stirring, until thickened.
3. Add sour cream and ham. Pour into sprayed baking dish. Sprinkle top with bread crumbs. Dash generously with paprika.
4. Bake at 350 degrees F for 30 minutes.

Copycat Boston Market Squash Casserole

Description

This healthy chicken recipe, inspired by Chili's Grilled Chicken Fettuccine, has so much flavor, you will never believe that it has fewer calories than the original version. For a healthier take on a classic Chili's recipe, make this dish.

Ingredients

- 4 1/2 cups fresh zucchini, diced
- 4 1/2 cups fresh yellow squash, diced
- 1 1/2 cups sweet onion, chopped
- 1 box Jiffy corn muffin mix, prepared according to box directions
- 3/4 cup butter substitute suitable for baking
- 8 ounces reduced fat American cheese, diced
- 3 reduced sodium chicken bouillon cubes
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon thyme
- 1 tablespoon fresh parsley, chopped

Instructions

1. Prepare Jiffy mix as directed. Set aside to cool.
2. Place squash and zucchini in a large sauce pan. Add just enough water to cover. Cook on medium-low heat just till tender; remove from heat. Drain squash, reserving one cup water for casserole.
3. Place all of the butter substitute in large sauce pan over medium-low heat, and sauté the onions till the onions turn clear.
4. Add chicken bouillon cubes and garlic to onions to butter substitute and stir.
5. Add drained squash and diced cheese to mixture, and stir.
6. Crumble corn bread in squash, add the reserved cup of water and mix well.
7. Place squash mixture in a 9 by 13-inch baking pan that has been sprayed with a non-stick spray.
8. Cover casserole and place in a preheated oven at 350 degrees F. Bake for 50 to 60 minutes. Remove cover the last 20 minutes of baking time.

Healthy Casserole Recipes with Ground Beef

Ultimate Meatloaf Casserole

Description

This recipe for Ultimate Meatloaf Casserole combines the best of healthy casserole recipes with easy meatloaf recipes. The whole family will absolutely love this hearty recipe!

Serves: 6

Cooking Time: 30 min

Ingredients

- 1 1/2 pounds 97% lean ground beef
- 3/4 cup onion, chopped finely
- 1/3 cup whole wheat cracker crumbs
- 2 egg whites, slightly beaten
- 3 tablespoons skim milk
- 1 tablespoon chili powder
- 3/4 teaspoon salt
- 3 cups mashed potatoes
- 1 11-ounce whole kernel corn with red and green peppers, drained and rinsed
- 1/4 cup green onions, thinly sliced
- 1/2 cup reduced fat Mexican-style cheese blend

Instructions

1. Heat oven to 375 degrees F.
2. In large bowl, combine ground beef, onions, cracker crumbs, egg whites, milk, chili powder and salt. Mix lightly but thoroughly and gently press into bottom of 9-inch square baking pan.
3. Bake meatloaf for 20 to 25 minutes or until no longer pink and juices run clear. Carefully pour off drippings.
4. Meanwhile, in medium bowl, combine all remaining ingredients except the cheese. Spread over meatloaf to edges of pan; sprinkle top with cheese.
5. Broil 3 to 4 inches from heat 3 to 5 minutes or until top is lightly browned; cut into 6 rectangular servings.

It's Almost A Meal Healthy Casserole

Description

Not all casseroles are created equal. This aptly-named casserole really is almost a meal in itself, and it's chock-full of veggies. Mmmm!

Serves: 8

Preparation Time: 15 min

Cooking Time: 45 min

Ingredients

- 1 pound 97% lean ground beef, browned and drained
- 1 medium onion, minced
- 1 16-ounce can diced tomatoes
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 2 potatoes, sliced
- 1/3 cup flour
- 10 ounces frozen corn
- 1 bell pepper, seeded and cut into strips
- 1 1/2 cups low-fat cheddar cheese, shredded

Instructions

1. Preheat oven to 375F degrees.
2. In a bowl, combine browned and drained beef, onion, tomatoes with liquid, Worcestershire sauce and salt.
3. Spoon into a 3-quart casserole that has been lightly coated with cooking spray.
4. Layer the potatoes, flour, corn and green peppers on top.
5. Cover and bake at 375F degrees for 45 minutes.
6. Sprinkle with the cheese and continue baking, uncovered, for 30 minutes longer.

Notes:

Very good for preparing ahead of time. To reheat, place foil loosely over top and reheat in oven for about 20 minutes.

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Hearty Amish Beef Casserole

Description

The simplicity of five-ingredient casserole recipes and Amish recipes combine in a Hearty Amish Beef Casserole that will become a favorite in no time! Savory beef makes this casserole one of the best hamburger casserole recipes around.

Cooking Time: 20 min

Ingredients

- 1 pound extra lean ground beef
- 1 package fat free cream cheese
- 1 can reduced fat mushroom soup
- 1 cup canned corn with pimento
- 1 package reduced fat refrigerated biscuits

Instructions

1. Brown the extra lean ground beef in a large skillet and drain off the fat.
2. Preheat oven to 350 degrees F.
3. In a separate bowl, stir fat free cream cheese, reduced fat soup, and corn together until well blended.
4. Pour corn mixture into a two-quart casserole dish.
5. Add the beef and mix well.
6. Top with biscuits and bake 20 minutes or until biscuits are golden brown.

Super Simple Hamburger Casserole

Description

If you need easy, healthy, and kid-approved hamburger casserole recipes, try Super Simple Hamburger Casserole! With only four ingredients, this dish is unique among low ground beef casserole recipes.

Serves: 4

Preparation Time: 1 min

Cooking Time: 1 hr.

Ingredients

- 2 cans (10.5-ounce) low fat cream of mushroom soup
- 2 cans (14-ounce) vegetarian vegetable soup
- 1 pound extra lean ground beef
- 1 package (12-ounce) whole grain egg noodles, cooked al dente

Instructions

1. Preheat oven to 350 degrees F.
2. Brown the extra lean ground beef; pour off the fat.
3. In a large bowl, thoroughly combine soups.
4. In large dish, layer noodles and hamburger, with noodles on the bottom.
5. Pour the soup mixture over the top.
6. If preparing and serving immediately, bake 25- 30 minutes or microwave for 10 minutes.
7. If preparing ahead of time, store in refrigerator until ready to cook. Cook at 350 degrees for 1 hour, check with knife to see if casserole has heated through.

Notes:

This recipe can be frozen and cooked at later date also for quick meals. Cooking times depend on size of dish used and thickness of casserole.

Tuna Casserole Recipes

Baked Tuna and Spinach Casserole

Description

This unique tuna casserole is a welcome break from the standard tuna noodle variety. Loaded with green veggies, this casserole is a great way to get the kids to eat their spinach.

Serves: 8

Cooking Time: 35 min

Ingredients

- 2 7-oz cans tuna fish, drained and flaked
- 1 1/2 cups cooked spinach, chopped
- 1/2 cup parsley, chopped
- 3 cups cooked, drained rice
- 1/4 cup green onions, minced
- 8 ounces can green peas, drained
- 1 cup Parmesan cheese, grated
- 1/4 cup butter, melted
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 3 anchovy fillets, mashed
- 1/8 teaspoon ground red pepper
- 5 egg yolks, beaten or 1 1/4 cups of Eggbeaters
- 5 egg whites, stiffly beaten or 10 tablespoons of Just Whites, stiffly beaten

Instructions

1. Beat the egg yolks with the anchovies.
2. Mix together with the tuna, spinach, parsley, rice, onion, peas, cheese, butter, salt, and peppers.
3. Fold in the egg whites.
4. Turn into a greased 2 quart baking dish or casserole. Bake in a preheated 350 degree F oven for 35 minutes or until set and browned.

Fresh and Simple Tuna Noodle Casserole

Description

Dive into seafood casserole recipes with fantastic slow cooker casserole recipes like this Fresh and Simple Tuna Noodle Casserole. Classic, warm flavors make this one of the best healthy slow cooker recipes around!

Serves: 6

Cooking Time: 9 hrs.

Ingredients

- 2 cans reduced fat cream of celery soup
- 1/3 cup dry sherry
- 2/3 cup skim milk
- 2 tablespoons parsley flakes
- 10 ounces frozen mix vegetables
- 2 cans light tuna in water, drained
- 10 ounces whole grain egg noodles, cooked
- 2 tablespoons margarine
- 1/2 cup toasted almonds

Instructions

1. In a lightly greased slow cooker, thoroughly combine soup, sherry, milk, and parsley flakes. Stir until well-blended and texture is consistent.
2. Stir in vegetables and drained tuna.
3. Fold in whole grain noodles until evenly distributed.
4. Top with almonds and butter substitute.
5. Cover and cook on Low 7 to 9 hours, high 2 to 3 hour, until noodles are tender but not overdone.

Notes:

Do not overcook; cook just until noodles are tender.

Tuna Crunch Casserole

Description

Everyone has a favorite recipe for tuna noodle casserole, but not everyone knows about this crunchy variation. Try using lower fat baked potato chips to top off this casserole.

Serves: 2

Preparation Time: 10 min

Cooking Time: 35 min

Ingredients

- 1 6.5-ounce can tuna, drained
- 1 1/2 cups frozen green peas, thawed
- 1 10.75-ounce can condensed low-fat cream of mushroom soup
- 1 cup whole wheat pasta, cooked
- 1/4 cup bread crumbs
- 3 tablespoons butter or margarine
- 1 small package baked potato chips, crushed

Instructions

1. Preheat oven to 375F degrees.
2. In a bowl, combine tuna, peas, soup, and noodles.
3. Spoon into a greased baking dish.
4. Moisten bread crumbs with melted butter; sprinkle over casserole.
5. Top with crushed potato chips.
6. Bake at 375F degrees for 35 minutes, or until bubbly hot.

Healthy Casserole Recipes for Breakfast

Make Ahead Breakfast Casserole

Description

Prepare this simple and quick breakfast casserole the night before and you will have a delicious hearty meal waiting for you in the morning. This casserole has all your favorite breakfast standbys: eggs, cheese, toast and veggies.

Serves: 10

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 6 slices whole wheat bread, cut in cubes
- 2 cups low-fat cheddar cheese, grated
- 1 cup ham, cubed (optional)
- 1/4 cup green pepper, finely chopped
- 1/2 cup onion, finely chopped
- 6 eggs
- 3 cups skim milk

Instructions

1. Mix bread, cheese, ham, bell pepper, and onion; spread in a 13x9x2-inch baking dish sprayed with nonstick cooking spray.
2. Whisk eggs and milk together, and pour over top.
3. Cover dish with foil and freeze. (You can also make this in the evening, refrigerate overnight and bake in the morning.)
4. To prepare for serving, thaw dish and bake uncovered in a preheated 375 degree F oven until the eggs are set.

Notes

Substitute 6 slices cooked, crumbled bacon for the ham.

Cheddar Sunrise Hash Brown Casserole

Description

Wake up to a tempting Cheddar Sunrise Hash Brown Casserole. This healthy casserole recipe is among the best breakfast casserole recipes you can find. Plus, it only has five ingredients, so it's kind to your waistline and your wallet!

Cooking Time: 1 hr. 30 min

Ingredients

- 4 large baking potatoes, grated
- 1 large onion, finely diced
- Salt and pepper, to taste
- 2 pounds low fat cheddar cheese, shredded
- 1 can (10-ounce) reduced fat cream of chicken soup

Instructions

1. Pre-heat oven to 350 degrees F.
2. Place grated potatoes in a greased shallow baking dish.
3. Add onion, seasonings, reduced fat cheese, and soup. Reserve a small amount of cheese.
4. Mix gently until ingredients are evenly distributed, and spread out evenly in dish.
5. Sprinkle a little of the cheese on top, and bake until golden brown.

Easy Breakfast Potato Casserole

Description

Wake up your breakfast routine with this quick easy casserole recipe. This award winning casserole recipe shows that a good breakfast casserole does not have to be laden with fat to be tasty.

Ingredients

- 2 cups potatoes, shredded
- 3/4 cup onion, shredded
- 1/2 cup skim milk
- Salt and pepper, to taste
- 2 cups reduced fat Cheddar blend cheese, shredded
- Light oil

Instructions

1. Combine potatoes, onions, salt and pepper. In non-stick skillet, put in a 2-3 tablespoon of oil, enough that when melted there is a layer in the skillet. Add shredded potatoes and onions.
2. Press down, let cook for a bit until brown on one side, then cut into section and flip over and press whole thing down again.
3. When that side is brown, flip and press again, add milk, lower heat to low, and cover until milk is all absorbed, add cheese on top.
4. Remove from heat and cover for a few minutes until cheese is melted and has worked its way into the potatoes.

Make Ahead French Toast Casserole

Description

Baked French toast recipes don't have to be treats for special occasions only. Whole grain bread and egg whites makes this Make Ahead French Toast Casserole heart-healthy!

Serves: 6

Cooking Time: 15 min

Ingredients

- 1/4 cup butter or butter substitute, room temperature
- 12 1-inch slices whole wheat bread
- 12 egg whites
- 1 1/2 cups skim milk
- 1/4 cup sugar or equivalent sugar substitute
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- Powdered sugar (optional)
- Walnuts, toasted and chopped (optional)

Instructions

1. Beat egg whites, skim milk, sugar, syrup, vanilla, and salt in a large bowl. Place bread slices into egg mixture and turn to coat. Cover with plastic and refrigerate overnight.
2. In the morning, preheat oven to 400 degrees F.
3. Spray bottom of large, heavy baking pan with nonstick cooking spray. Remove bread from egg mixture and arrange slices in pan.
4. Bake toast for 10 minutes at 400 degrees F. Flip each slice of bread and continue baking until just golden, about 4 minutes longer.
5. Transfer cooked toast to plates and sprinkle with powdered sugar if desired. Serve at once with warm maple syrup and chopped, toasted walnuts.

Healthy Hash Brown Bake

Description

Hash brown potatoes make the perfect complement to eggs on a Sunday morning. Make your hash browns special with this Healthy Hash Brown Bake, a cheesy potato casserole with a crunchy cornflake topping.

Cooking Time: 1 hr. 30 min

Ingredients

- 2 (1-pound) bags frozen hash browns (diced variety)
- 1/2 cup onion, finely chopped
- 16 ounces fat-free sour cream or plain, fat-free yogurt
- 1 can reduced-fat, low-sodium cream of chicken soup
- Salt, to taste
- Pepper, to taste
- 2 cups reduced-fat, sharp cheddar cheese, shredded
- 1/2 cup butter or butter substitute, melted
- Corn flake crumbs for topping

Instructions

1. Preheat oven to 350 degrees F.
2. Spray a 9 x 13-inch baking pan with nonstick cooking spray.
3. In large bowl, combine hash browns, onions, sour cream or yogurt, and cream of chicken soup. Salt and pepper to taste; mix well.
4. Place hash brown mixture in baking pan.
5. Top hash browns with shredded cheese, drizzle with melted butter, and sprinkle cornflake crumbs evenly over the casserole.
6. Bake at 350 degrees F for 60-90 minutes.

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