



The NMSD Monthly Morsel Nutrition Newsletter

1/18/21-1/22/21

Carrot Cookies

Ingredients

- 1 c shortening (or try a mix of ½ shortening and ½ margarine or butter)
- ¾ c white sugar
- 2 eggs
- 1 c mashed cooked carrots
- 2 tsp baking powder
- 2 c flour
- ½ tsp salt
- ¾ c shredded coconut

Preparation

Preheat oven to 400 degrees F (200 degrees C). Lightly grease cookie sheets. Mix shortening, sugar, eggs, and carrots. Blend in flour, baking powder and salt. Stir in coconut. Drop dough by teaspoonfuls about 2 inches apart onto lightly greased baking sheet. Bake 8 to 10 minutes or until no imprint remains when touched lightly. Immediately transfer to cooling rack.



Hamburger Casserole

Ingredients

- One lb. ground beef
- One onion, chopped
- 1 stalk celery, chopped
- 8 ounces egg noodles
- One 15-ounce can chili
- One 14.5-ounce can tomato, peeled and diced
- One 15-ounce can sweet corn, drained
- ¼ c taco sauce/salsa
- One ounce taco seasoning, optional.

Preparation

Preheat oven to 250 degrees. In a large skillet over medium heat, combine the ground beef, onion and celery and sauté for 10 minutes, or until the meat is browned and the onion is tender. Drain the fat and set aside. In a separate saucepan, cook noodles according to package directions. When cooked, drain the water and stir in the meat mixture, chili, tomatoes, corn, taco sauce, and taco seasoning mix. Mix well and place entire mixture into a 10x15-inch baking dish. Bake in the preheated oven until thoroughly heated and bubbling, about 20 minutes.

Baked Spaghetti

Ingredients

- One 16-ounce package dried spaghetti noodles
- 1 lb. ground beef
- 1 onion, chopped
- One 32-ounce jar of spaghetti sauce of choice
- ½ tsp seasoned salt
- 2 eggs
- 1/3 c grated Parmesan Cheese
- 5 tbsp butter, melted
- 2 c small curd cottage cheese, divided into cup portions
- 2 c cheddar cheese
- 2 c mozzarella cheese

Preparation

Preheat oven to 350 degrees. Lightly grease a 9x13-inch baking dish. Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain. Heat a large skillet over medium heat; cook and stir beef and onion until meat is browned and onions are soft and translucent, about 7 minutes. Drain. Stir in spaghetti sauce and seasoned salt. Whisk eggs, Parmesan cheese, and butter in a large bowl. Mix in spaghetti to egg mixture and toss to coat. Place half the spaghetti mixture into baking dish. Top with half the cottage cheese, cheddar cheese, mozzarella, and meat sauce. Repeat layers. Cover with aluminum foil. Bake in preheated oven for 40 minutes. Remove foil and continue to bake until the cheese is melted and lightly browned, 20 to 25 minutes longer.

PRO TIP: Taco seasoning in a nutshell: red chile powder, paprika, cumin, oregano, onion powder, garlic powder, black pepper, and salt.



Impossible Cheeseburger Pie

Ingredients

- One lb. ground beef
- 1 ½ c chopped onion
- 1 ½ c milk
- ¾ c all purpose baking mix
- 3 eggs
- ½ tsp Italian seasoning
- ½ tsp salt
- ½ tsp black pepper
- 2 tomato, sliced
- 1 c shredded Cheddar cheese

Preparation

Preheat oven to 400 degrees. Grease the sides and bottom of a nine inch square pan. Heat a large skillet over medium-high heat. Cook and stir beef and onion in hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Spread ground beef mixture into the prepared pie dish. Blend milk, baking mix, eggs, Italian seasoning, salt, and pepper together in a blender until smooth, about 15 seconds; pour over beef mixture. Bake in the preheated oven until biscuit topping is lightly browned, about 25 minutes. Arrange tomato slices on biscuit topping; sprinkle with Cheddar cheese. Continue baking until cheese is melted, 5 to 8 more minutes. Cool 5 minutes before slicing.



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