



Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Reuben Casserole

1 message

Karen Bennett <kanneben@aol.com>
To: Karen Tatarka <ktatarka@westonct.gov>

Thu, Apr 28, 2022 at 10:25 AM

I usually don't measure anything.

Reuben Casserole

Ingredients

- 32 oz Bagged sauerkraut, well drained
- 1 lb Chopped corned beef
- 3/4 Cup Russian or Thousand Island dressing
- 8 oz Sliced Swiss cheese
- 5 1/2 Cups Cubed or crumbled rye bread
- 1/4 Cup Butter, melted

Directions

1. In a greased 8 x 11 1/2 inch baking dish, layer first 5 ingredients. Drizzle with butter.
2. Bake uncovered at 375 for 30 - 40 minutes or until top is lightly browned.

FRIDAY NIGHT FRITTATA
(Quick & easy and you clean out your fridge)

- 6 XL or L eggs
- Salt & pepper to taste
- 2 Tbls olive oil or butter or a combination
- ½ cup grated or shredded cheese (parm, cheddar, mozzarella, provolone, Monterrey jack, etc. Goat and Feta also work but they won't melt the same way.) I usually do a combination of whatever I have in the fridge that needs to be used up
- ½ cup cooked vegetables, diced (roasted potatoes, onions, roasted red peppers, zucchini, spinach, broccoli, asparagus, etc.)
- A handful, or so, of cooked meat, optional (shredded chicken, sausage crumbles or diced, bacon crumbled)
- A handful of chopped herbs – whatever you need to use up (parsley, cilantro, thyme leaves, basil, dill, etc.)

Set an oven rack to 6" below the broiler element and set the oven to broil.

Heat a 10" non-stick skillet on the stove over medium heat. Add the oil/butter to melt and swirl to coat the pan. Add the cooked veggies and cook gently just to warm them up a little.

Beat the eggs in a medium bowl with salt and pepper to taste. Add ¾ of the cheese and the herbs. Add the egg mixture to the pan on top of the veggies. Swirl the pan slightly, if needed, so the eggs surround the veggies. Cook gently until eggs are set on bottom and sides. Drop in the meat to evenly distribute throughout the egg mixture. Loosen the sides with a silicon spatula, but don't stir the egg mixture. When the eggs are set on the bottom sprinkle with the remaining cheese and transfer the oven.

Broil for 5-7 minutes until frittata is puffed, browned, and set in the center. Be sure to set a timer or watch it because it really takes only a few minutes to cook and can go from perfect to burnt in no time flat.

Serve hot or at room temp. Cut into 6 wedges. Serve with a green salad and/or bread. I like to use grilled or toasted bread or sliced ciabatta rolls that I brush with a little olive oil and rub with the cut side of a garlic clove.

Notes:

You can make this with fresh veggies but you must sauté them first, so they are soft. You might need a bit more oil in this case.

If using goat or feta cheese which don't melt as well as others, do not mix them together with the eggs. Rather crumble them into the pan after you've poured the eggs in, as you would the meat, to evenly distribute throughout the egg mixture.

If I have a little cream or half and half to use up, I beat it in with eggs. Though don't put too much unless you want a crustless quiche instead.

Combinations I like:

Spinach and roasted red peppers

Chicken with broccoli and cheddar

Potato and sausage

Peppers, onions and zucchini or asparagus



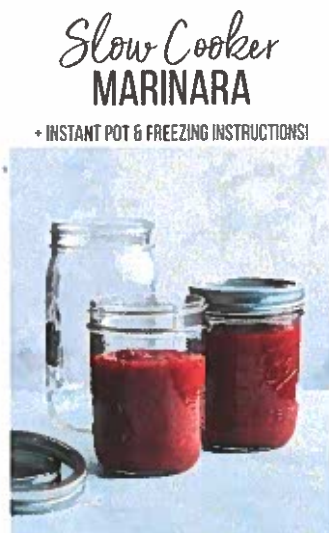
Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Slow Cooker Marinara Sauce Recipe

1 message

Robin Spath [REDACTED]
To: Karen Tatarka <ktatarka@westonct.gov>

Wed, Apr 27, 2022 at 10:10 PM

**Slow Cooker Marinara Sauce**
thrivinghomeblog.com**MAKES:** 28 servings**INGREDIENTS**

1/4 cup olive oil
2 large onions, diced
1 tablespoon garlic, chopped
4 (28-ounce) cans crushed tomatoes
3 tablespoons tomato paste
1 tablespoon salt
2 teaspoons sugar
1 teaspoon dried oregano
1/3 cup fresh basil or 2 tablespoons dried basil, chopped
3 tablespoons fresh parsley or 1 tablespoon dried parsley flakes, chopped
1/2 teaspoon red pepper flakes

DIRECTIONS

1. Make It Now:
2. In large skillet, heat the olive oil over medium heat. Add onions and cook until softened, about 4-5 minutes. Stir in the garlic for about 30-60 seconds, until fragrant.
3. Add the onion/garlic mixture and the rest of the ingredients into a 5- or 6-quart slow cooker. Stir, cover, and cook on LOW for 9-11 hours (or on HIGH for 5-7 hours).

4. Taste and adjust seasonings, as desired.
5. Freeze For Later: Cook the sauce and let it cool completely. Portion into to freezer bags, freezer containers, or mason jars, being careful to leave at least 1 inch of head room at the top for expansion.
6. Prepare From Frozen: Thaw the sauce using one of these safe thawing methods. Warm over medium-low to low heat on the stove, or use the microwave.

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Robin Spath, Ph.D (Fonte)



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Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Anne's Crockpot Shredded Chicken Barbeque Recipe

1 message

Robin Spath [REDACTED]
To: Karen Tatarka <ktatarka@westonct.gov>

Wed, Apr 27, 2022 at 10:11 PM



Anne's Crockpot Shredded Chicken Barbeque

MAKES: 6 servings

INGREDIENTS

- 3 chicken breast halves, boneless, skinless
- 1 1/2 cups ketchup
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon cider vinegar
- 1 teaspoon or to taste cayenne pepper
- 1/2 teaspoon garlic powder

DIRECTIONS

Combine all ingredients for the sauce in the slow cooker. Add the chicken and coat well with the sauce.

Cook on high 3-4 hours or on low 6-8 until chicken is fully cooked all the way through. Remove chicken and shred; return to slow cooker. Mix until well coated.

Serve on whole meal rolls topped with coleslaw.

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THE BEST Chicken Caprese Recipe

★★★★★

With store-bought pesto, cherry tomatoes, leafy basil, and thick sliced fresh mozzarella, you can make this chicken caprese, skillet dinner in under 30 minutes.

Course Main Course

Cuisine	Italian
Keyword	chicken caprese
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	4
Calories	232kcal

Ingredients

- 2 chicken breasts , skinless and boneless
- Kosher salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- 1 tablespoon butter
- 1 6 oz. jar DeLallo Traditional Basil Simply Pesto
- 4-6 slices fresh mozzarella or 6 ounces grated mozzarella cheese
- 8 cocktail or small tomatoes sliced
- DeLallo balsamic glaze
- Fresh basil slivered

Instructions

1. Preheat the oven to 400° F.
2. Use a thin, sharp knife to slice the chicken breasts in half lengthwise. Season both sides with kosher salt and freshly ground black pepper. Heat a large oven-proof skillet over medium high heat with the olive oil and butter. Once the butter has melted into the olive oil, add the chicken breasts to the pan, being careful not to crowd. Cook on each side until lightly browned and easily release from the pan, about 3-4 minutes each.
3. Slather the tops of each chicken breast with the basil pesto, about 1-2 tablespoons per chicken breast. Top each chicken breast with a slice of mozzarella and a few slices of tomato. Transfer the skillet to the oven and cook for 10-12 minutes or until the chicken reaches an internal temperature of 165° F. Remove from the oven and garnish with fresh basil and a drizzle of balsamic glaze.

Nutrition