

Chicken Enchilada Casserole

Shredded chicken (from 1 rotisserie chicken or four boneless skinless chicken breasts, cooked and diced)

- 3/4 cup enchilada sauce
- 1 can black beans, drained
- 1 can Mexicorn, drained
- 1 can Ro-tel, drained
- Bag shredded Mexican cheese
- 1 package tortillas, torn into wide strips
- *White sauce

Combine chicken, beans, mexicorn and Ro-tel. Spread thin layer of enchilada sauce into the bottom of a 9-by-13 inch pan. Cover with tortilla strips, then a layer of chicken mixture. Pour over 1/4 of the white sauce, and sprinkle with 1/4 of the cheese. Repeat layers three more times. Cover with foil and freeze. To serve - defrost in refrigerator overnight. Preheat oven to 350. Bake, covered, 1 hour.

*White Sauce: Melt 1/4 cup butter in medium pan. Add 1/4 cup flour, whisk until smooth. Add 2 cups chicken broth, bring to a boil. Remove from heat and stir in 1 small container of sour cream.



Summer Lasagna

- 1 box lasagna noodles
- 1 16 ounce container cottage cheese
- 1 large jar pasta sauce
- 1 10 ounce package frozen spinach, thawed and drained
- 1 jar roasted red peppers, drained
- 2 yellow squashes, sliced lengthwise
- 2 zucchini, sliced lengthwise
- 1 sweet onion, sliced
- 1 bag Italian blend shredded cheese or mozzarella
- 1/4 cup grated Parmesan cheese

Pour 1/2 cup of the pasta sauce into the bottom of the pan and spread it evenly. Next, line the bottom of the pan with a layer of lasagna noodles, then 1/4 of the cottage cheese, 1/4 of the vegetables and 1/4 of the cheese. Repeat the layers three times, and pour over any remaining sauce. Put the Parmesan in a small resealable freezer bag and tape it to the casserole dish.

To serve: Allow casserole to defrost overnight. Preheat oven to 350. Bake for 1 hour, until heated through. Sprinkle Parmesan over the top of the casserole, bake an additional 5 minutes.

