**Meatless Wonders**

**March 2023**

**Butternut Squash Lasagna**

**INGREDIENTS**

* 3 pounds butternut squash, quartered, seeded, peeled, and cut into 1/4-inch slices
* 3 tablespoons olive oil
* 4 cups milk, 2% or whole
* 1 tablespoon rosemary
* 6 cloves minced garlic
* ¼ cup unsalted butter
* ¼ cup all-purpose flour
* nine sheets dry no-boil lasagne pasta
* 1 1/3 cups freshly grated Parmesan
* 1 cup whipping cream
* 1/2 teaspoon salt

**INSTRUCTIONS**

1. Preheat oven to 425°F. Spread the squash onto 1 extra-large sheet pan or 2 standard-sized sheet pans. Toss with 2 tablespoons of oil if using the large pan or 1 tablespoon each if using the smaller sheet pans. Season with salt and toss to coat. Transfer to the oven and cook for about 30 minutes, tossing halfway,  until the squash is tender and beginning to turn golden.
2. In a large heavy saucepan cook garlic in butter over moderately low heat, stirring, until softened. Stir in flour and cook the roux, stirring often, for about 3 minutes. Remove pan from heat and whisk in milk mixture in a stream until smooth. Return pan to heat and simmer sauce, whisking occasionally, about 10 minutes, or until thick. Stir in the squash, rosemary and salt and pepper to taste.
3. Butter a 9×13-inch baking dish. **UPDATE:** Because sometimes no-boil noodles do not expand as well as expected, you can quickly soak them in hot water. If you’ve never had trouble with your no-boil noodles, don’t worry about this step. If you have, I think you’ll find this step makes a difference: Bring a small pot of water to a boil or fill a teapot with water and bring it to a boil. Pour the water into a small vessel such as a 9-inch baking. When you are ready to assemble, dunk three of the sheets into the hot water and let soak. Begin the assembly:
4. Pour 1 cup sauce into baking dish (sauce will not cover the bottom completely) and cover with 3 lasagna sheets, making sure they do not touch each other – use tongs to extract the noodles from the hot water. After you transfer the three noodles to the baking dish, soak three more sheets of noodles. Spread half of the remaining sauce (it’s about 2 cups) over the noodles and sprinkle with 1/2 cup parmesan. Top with three more noodles; then soak the final three noodles in the hot water bath. Spread the remaining sauce mixture over the noodles and top with 1/2 cup parmesan. Top with the final layer of noodles.
5. In a bowl with an electric mixer (or by hand) beat cream with salt until it holds soft peaks and spread evenly over the top pasta layer, making sure pasta is completely covered. Sprinkle remaining 1/3 cup Parmesan over cream. Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven 30 minutes. Remove foil and bake lasagna 10 to 20 minutes more, or until top is bubbling and golden. Let lasagna stand 5 minutes before cutting and serving.

**Carrot Cake Steel Cut Oats**

**INGREDIENTS**

* 4 cups water
* 1 cup steel cut oats
* 1 cup shredded carrots
* 3/4 cup chopped pineapple
* 1/2 cup half and half
* 1/2 cup raisins
* 1/3 cup light brown sugar
* 2 teaspoons vanilla extract
* 1 teaspoon ground cinnamon
* 1/2 cup walnuts
* 1/4 cup toasted coconut flakes
* Honey, maple syrup, or additional brown sugar, for serving (optional)

**INSTRUCTIONS**

1. In bowl of [slow cooker](http://amzn.to/1NJHUdA), stir together water, oats, carrots, pineapple, half and half, raisins, sugar, vanilla and cinnamon. Cover and cook on low 8 hours (overnight).
2. Stir well and divide between serving bowls. Garnish each bowl with 2 tablespoons walnuts and 1 tablespoon coconut flakes. If a sweeter oatmeal is desired, drizzle with honey or maple syrup, or sprinkle with additional brown sugar.

**Deluxe Macaroni and Cheese**

2 cups small curd cottage cheese

1 cup (8oz) sour cream

1 egg slightly beaten

¾ tsp garlic salt

2 cups shredded cheddar cheese

2 cups raw macaroni – cooked

24 crushed saltines

6 Tbs parmesan cheese

3 Tbs melted butter

Ingredients

Mix cottage cheese, sour cream, egg and seasonings in large bowl.

Add cheese and macaroni

Pour into greased 1 ½ quart baking dish.

Mix crumbs, parmesan cheese, butter and sprinkle over top.

Bake at 350 25-30 minutes

**Four Layer Cake**

Ingredients

#1 Layer

¾ cup finally chopped walnuts

2 cup flour

2 sticks melted butter

Mix together and press into pan

Bake 15 mins @ 425 / cool

#2 Layer

2 - 8oz crema cheese

2 cups powdered sugar

Soften cream cheese and mix with sugar with mixer. Spread on 1st Layer

Refrigerate 40 mins

#3 Layer

2 pkgs of instant pudding (4 ½ cup size) chocolate or lemon

3 cups of milk

Mix and pour over 2nd layer

#4 Layer

1 – 12oz cool whip

Spread on 3rd layer, sprinkle with nuts or chocolate

**Linda’s Haluski**

Ingredients:

Cabbage – cut into bite sized pieces (1 head)

3 medium onions

2 sticks butter

Salt and pepper to taste

1pound noodles

Saute onion and cabbage in butter, continue cooking with lid on until cabbage is tender.

While cabbage is cooking – boil noodles

**Betty’s Haluska**

Ingredients:

½ lb bacon – fried, drained and crumbled

1 large onion – chopped

2 cloves garlic, minced

10 oz chicken stock

1 head of cabbage – shredded

6oz noodles, cooked to al dente

Instructions:

Preheat oven 350

Saute onion and garlic in bacon fat, 2 min.

Shred cabbage and add to large skillet or small roaster

Add all ingredient, mix thoroughly.

Salt and pepper to tase

Place in oven for 30 minutes

Note: I add ¼ c soy sauce and 8oz sauerkraut, at the end of cooking.

**Salmon Cakes**

Ingredients:

For Cakes:

4 slices white bread, (crust removed, torn into small pieces)

14.75 oz large can salmon (deboned)

2 eggs

2 tsp Worcestershire sauce

1 tsp dry mustard

½ tsp salt

2 Tbs oil (for frying)

 Instructions:

Mix bread, salmon, egg, Worcestershire sauce, mustard and salt. Shape into 6 firm patties, each about ½ inch thick. Fry patties in oil over medium heat until golden brown on both sides, 4 – 5mins. Top with dill sauce.

Ingredients:

½ cup mayo or salad dressing

2 Tbs chopped pimento – stuffed olives

And ¼ tsp dried dill

Instructions: Mix all together and chill.

**Spicy Peanut Soup with Sweet Potato and Kale**

Ingredients:

2 tablespoons olive oil

1 half an onion,

diced 1 jalapeno,

minced 2 cloves garlic,

minced 3 large sweet potatoes, peeled and cubed

one 14-ounce can fire roasted tomatoes

one 14-ounce can light coconut milk

2 cups water

1 teaspoon salt

1 teaspoon curry and/or turmeric

1/2 cup chopped peanuts

1/4 cup peanut butter

1–2 cups kale, stems removed, chopped

1 can chickpeas

Juice of one lime

1. Heat the olive oil in a large soup pot over medium heat and add the onion, garlic, and jalapeño. Saute until soft and fragrant.

2. Add sweet potatoes. I like to brown them a little bit with the aromatics to get them nice and flavorful. 3. Add tomatoes, coconut milk, water, spices, and peanuts. Simmer until sweet potatoes are fork-tender.

 4. Add peanut butter and kale. Simmer until everything is thick, creamy, and delicious. Add chickpeas

5.Top with more peanuts and a little cilantro, squeeze lime juice.

**Zucchini Appetizer**

Ingredients:

3 cups sliced zucchini

1 cup bisquick

½ cup chopped onion

½ cup parmesan cheese

2 Tbs parsley

½ tsp seasoned salt

½ tsp salt

Dash pepper

½ tsp oregano

½ cup oil

4 eggs beaten

1 clove garlic chopped

Instructions:

Heat oven to 350. Grease 9\*13 pan.

Mix all together

Spread in pan

Bake until golden brown – 25 mins, maybe longer