



ZUCCHINI WITH CHEESE MACARONI

2 tbsp. butter	2 tbsp. butter
4 cups thinly-sliced zucchini	3 tbsp. light cream or half & half
1/2 cup chopped sweet red peppers or pimiento	1 cup shredded Provolone cheese
1/2 tsp. each salt and oregano	1 cup shredded Mozzarella cheese
Dash of pepper	
8 oz. shell macaroni, uncooked	

Melt butter. Sauté zucchini and red pepper until tender, 10 to 15 minutes. Add salt, oregano and pepper. Meanwhile, cook macaroni according to package directions; drain. Stir butter, cream and Provolone cheese into macaroni. Divide macaroni mixture into four gratin dishes or individual shallow baking dishes. Divide zucchini mixture over macaroni; top with Mozzarella cheese. Broil 3 to 4 inches from source of heat until lightly browned.

4 servings.

NUTTED THREE CHEESE LOG

4 oz. shredded Cheddar cheese	1 oz. Bleu cheese
2 Packages Cream cheese, at room temperature	1 1/2 tsp. dill weed
	1/4 tsp. ground black pepper
	1/2 cup chopped walnuts

In the container of a food processor fitted with a steel blade, combine Cheddar, Cream and Bleu cheeses. Process on high until smooth. Add dill weed and black pepper. Process until well blended. Remove to a 12-inch length of plastic wrap. Cover and chill until firm. Shape into a log 4 inches long and 1 1/2 inches in diameter. Unwrap and roll in nuts. Refrigerate until ready to serve. Serve with a glass of milk for an extra calcium boost.

12 servings.

CHEDDAR CHIVE CRISPS

2 cups shredded Cheddar cheese, at room temperature	1 1/2 cups all-purpose flour
1/2 cup butter	1/2 tsp. dry mustard
	1/2 tsp. salt
	1/4 cup snipped fresh chives

Combine cheese, butter, mustard and salt in small mixing bowl. Mix on medium speed until well blended. Gradually stir in flour until well combined. Shape into a log 11 inches long and 2 inches in diameter. Roll in chives. Wrap in waxed paper and chill several hours until firm. Preheat oven to 350 degrees. Cut into 1/4-inch thick slices. Bake on unbuttered baking sheets 12 to 15 minutes. Serve immediately.

3 1/2 dozen.

THREE CHEESE ENCHILADAS

8 oz. Monterrey Jack cheese, grated	1 tbsp. chili powder
8 oz. Cheddar cheese, grated	1/2 tsp. cumin powder
1 lb. Velveeta	8 oz. tomato sauce
1 (12 oz.) can cream of chicken soup	1 (12 oz.) can of evaporated milk
1 lb. lean ground beef	2 cans chopped green chilies
1 onion, chopped	Flour tortillas

Cook beef with onion until beef is brown and onion is transparent. Add chili powder, cumin powder and tomato sauce. Cook 10 minutes on medium, covered. Remove from heat and stir in grated Monterrey Jack and Cheddar cheese. Set aside to cool slightly.

In a separate saucepan, combine evaporated milk, green chilies, cream of chicken soup and Velveeta. Heat on low, stirring carefully, until cheese is melted. Set aside to cool slightly.

Carefully separate tortillas and place on wax paper on counter top. Spoon meat mixture in a strip down the center of each tortilla, until each tortilla has about the same amount (3 tbsp. each). Roll to form enchiladas. Place in a long casserole dish side by side.

When casserole dish is filled, spoon on the cheese sauce made with the soup, green chilies, etc.

Cover with foil, bake in preheated 350 degree oven for 45 minutes.

20 large enchiladas.



RAVIOLI CASSEROLE

1 lb. ground beef	1 (16 oz.) can ravioli in tomato sauce
1 cup spaghetti sauce	3 tbsp. grated Parmesan cheese
1 (10 oz.) package of frozen chopped spinach	
1 cup Cottage cheese	

Place ground beef in medium size microwave-safe bowl. Break meat into small chunks with fork. Cook in microwave oven on high for five minutes stirring three times, breaking meat into smaller pieces each time. Remove and drain fat. Stir spaghetti sauce into cooked ground beef.

Cook spinach per package instructions in microwave oven. Spoon cooked spinach into strainer and press with spoon to squeeze all liquid out. Spread strained spinach to cover bottom of 10x6x2 inch microwave-safe dish. Spoon half of the meat sauce over spinach so it covers spinach in a layer.

Spread Cottage cheese over meat sauce in a layer. Spread ravioli over Cottage cheese. Spoon remaining meat sauce over ravioli. Place dish in microwave oven and cook on high for five minutes or until bubbly.

Remove from microwave oven, sprinkle with Parmesan cheese and serve.

4 to 6 servings.