Salmon Potato Casserole

A comforting creamy casserole of cheesy sliced potatoes and smoked salmon
Yield:

8 servings
Ingredients:

1 large onion or 2 medium onions, finely diced or thinly sliced
3 large potatoes (about 2 or 2.5 pounds), scrubbed and thinly sliced
1/2 cup heavy whipping cream
1 1/2 cups milk
1 teaspoon salt
1/2 teaspoon black pepper
3 cups (12 ounces) shredded cheddar cheese
8 ounces smoked salmon*
Instructions:

1. In a large mixing bowl, stir together the onions, potatoes, cream, milk, salt, and pepper.

2. In a 9×13-inch baking dish, spread a layer of potatoes/onions,
using almost half of what is in the mixing bowl. (I use my hands to
separate and spread.)

3. Sprinkle a cup of the cheese over the potatoes. Spread a layer of
salmon across, and then the rest of the potatoes/onions. Sprinkle the
remaining 2 cups of cheese on top, and pour or spoon the extra milk/cream from the mixing bowl over the cheese.

4. Cover dish with foil (lightly oil the underside of the foil

if it will be touching the cheese) and bake at 400 degrees for 60 minutes. Uncover the dish and bake at 350 degrees for about 30 minutes longer, until potatoes are tender. Serve hot and enjoy!



Salmon Potato Casserole

This recipe is from Tammy’s Recipes.

Baked Cod with Lemon and Dill

Cod fillets brushed with lemon dill butter and baked until tender and flaky
Yield:

2 servings
Ingredients:

12 ounces cod fillets*, fresh or thawed
2 tablespoons butter
1/2 teaspoon fresh lemon zest
1/2 teaspoon dried dill weed

salt
pepper
1 tablespoon freshly squeezed lemon juice
Lemon wedges, for serving (optional)
Instructions:

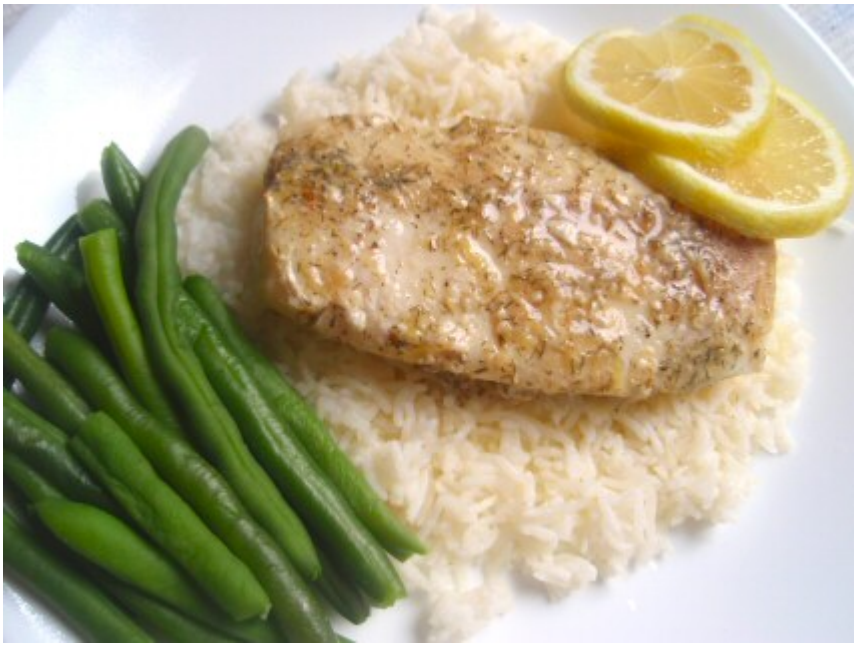
1. Preheat oven to 450 degrees. Melt butter in a small sauce pan and stir in the lemon zest and dill.

2. Rinse fish fillets if desired, and pat dry with a paper towel.
Sprinkle both sides (if fish is skinless) with salt and pepper. Lay fish
on an ungreased baking sheet.

3. Drizzle half of the butter mixture over fish. Flip fillets over
and drizzle remaining butter on top. Sprinkle with lemon juice.

4. Bake at 450 degrees for 12-15 minutes, or until fish tests done
(tender and flaky inside). If fillets are thin, check at 12 minutes; if
fillets are thicker they will probably need at least 15 minutes.

Serve over rice, with lemon wedges to squeeze over fish and rice if desired!



Baked Cod with Lemon and Dill

This recipe is from Tammy’s Recipes.

Easy Tuna Noodle Casserole

A simple cheesy from-scratch tuna noodle casserole!
Yield:

8 servings
Ingredients:

8 ounces pasta or 12 ounces egg noodles
2 6-ounce cans of tuna, drained
1 onion, chopped
3 tablespoons butter
2 tablespoons all-purpose flour
2 cups milk
1 teaspoon salt
dash of pepper
1 1/2 cups (6 ounces) shredded mozzarella cheese
1 1/2 to 2 cups shredded cheddar cheese

Instructions:

1. In a large stock pot, cook the pasta or egg noodles according to package instructions. Drain pasta in a strainer.

2. In the now-empty stock pot, melt the butter. Add onions and saute
until onions are tender. Stir in flour to make a thick paste. Add milk,
salt, and pepper. Cook and stir until bubbly and slightly thickened.
Remove from heat.

3. Add cooked pasta and drained tuna to sauce, stirring to coat. Stir in mozzarella cheese.

4. Pour into a lightly greased 9×13-inch baking dish. Top with shredded cheddar cheese.

5. Bake uncovered at 350 degrees. Bake for 20 minutes or until cheese is bubbly.

Additional Notes:

This casserole can be made ahead and refrigerated until ready to bake. If baking after refrigeration, place cold dish in oven before pre-heating oven. Bake



Easy Tuna Noodle Casserole

This recipe is from Tammy’s Recipes.

Creamy Macaroni and Cheese

A homemade baked macaroni and cheese with a flavorful and creamy sauce
Yield:

8 servings
Ingredients:

16 ounces elbow macaroni or small shell pasta
1/8 teaspoon cayenne pepper
1/4 teaspoon granulated garlic or garlic powder
1/2 teaspoon mustard seeds, crushed*
20 cranks of black pepper (or 1/8-1/4 teaspoon ground)
1/4 cup (1/2 stick) butter
1/4 cup all-purpose flour
3 cups milk
1 cup heavy whipping cream

1/2 tablespoon dried parsley
1 teaspoon salt
2 eggs
12 ounces (3 cups) shredded cheddar cheese
8 ounces (2 cups) shredded mozzarella cheese
Additional cheddar, parmesan, or bread crumbs** for topping
Instructions:

1.
Cook pasta according to package instructions. Drain and rinse with cool
water. Place pasta in a large mixing bowl and set aside.

2. In a large sauce pan, combine cayenne, garlic, crushed mustard,
black pepper, and butter over medium heat. When butter starts to sizzle,
add the flour and stir until mixed and bubbly.

3. Add 2 cups of the milk and whisk with the butter mixture over
medium heat until thick and bubbly. Whisk constantly to avoid lumps or
scorching.

4. Turn off heat and whisk in remaining 1 cup of milk and the cup of cream, along with the parsley and salt.

5. Crack eggs into a separate mixing bowl and whisk briskly, until
they are no longer very “stringy”. Whisking constantly, pour a half cup
of the hot creamy sauce in with the eggs. Continue whisking and adding
sauce to the eggs, until you’ve added about 2 cups of the sauce in with
the eggs. Then pour the eggs into the saucepan with the rest of the

sauce, whisking to incorporate.

6. Pour the sauce over the pasta in the large mixing bowl. Stir to combine. Stir in shredded cheeses. Spread into a lightly greased baking dish.

This recipe makes a very full 9×13-inch dish, so you can also divide it between a couple dishes for a thinner layer (I like to do a 9×13 dish and an 8×8 dish).

7. Sprinkle top with parmesan cheese, shredded cheddar cheese, or bread crumbs. Bake uncovered at 325 degrees for about 45 minutes, until hot and bubbly.

This casserole can be made ahead and stored in the fridge for a couple days before baking. If it’s been in the fridge a couple days, however, you may need to drizzle about 1/2 cup of additional milk over top before baking, as the pasta tends to absorb more liquid as it sits.



Creamy Macaroni and Cheese

This recipe is from Tammy’s Recipes.

Fasting Bread, Black Beans & Rice, Ash Wednesday

There is a great website I’ve been visiting now for sometime, but have not cooked any of her dishes. I’m going to try two of them soon though. She has a recipe for a fasting bread and a Black Bean & Rice recipe that look good.

On Ash Wednesday, fasting in this household means 2 small meals that together do not equal a normal meal and one regular sized meal (for us that is our dinner). I think I’ll make the fasting bread on Tuesday so that we can have that for breakfast and lunch on Ash Wednesday. Then fix the black beans & rice for dinner and serve along with some fasting bread.

Time for Lenten Food Thinking

Lent is quickly coming and I need to give some thought to our Lenten menu. For five years, I’ve been such a slacker in regards to making Lent special and making it more of what it should be. But this year I am bound and determined to put some thought into our menus and plans!