

METABOLIC CHANGE APRIL 2022 NEWSLETTER



COMFORT-FOOD CASSEROLES

Savory Shepherd's Pie

Kirkland's mashed potatoes	1/3 C ketchup
Kirkland's organic mixed vegetables	1 1/2 C beef broth
1 lb. ground beef or turkey	Worcestershire Sauce
Weber Roasted & Garlic Herb seasoning	shredded cheddar cheese
salt & pepper to taste	1 T finely chopped onion
2 T flour	

Preheat oven to 375 degrees. Brown ground beef or turkey, with chopped onion. Drain. Generously sprinkle with seasoning and Worcestershire sauce several times. Stir in flour and cook 1 minute. Stir in ketchup and beef broth and bring to a boil. Reduce heat and cook for 5 minutes. Cook mixed vegetables and stir into the beef mixture. Spread the meat and vegetable on the bottom of a 9 x 13 pan. Spread mashed potatoes evenly over the top, then sprinkle with cheddar cheese. Bake for 20 minutes or until golden brown. For vegetarian Shepherd's Pie, use lentils and vegetable broth.

Creamy Chicken & Broccoli

2 C water	1/4 C butter
2 C uncooked instant rice	1 C milk

2 10 oz. cans chicken, drained	1 16 oz. pkg. frozen broccoli
1 box condensed cream of mushroom	1 small white onion, chopped
1 box condensed cream of chicken	16 oz. jar processed cheese

Preheat oven to 350 degrees. In a medium saucepan boil water. Mix in instant rice, cover, remove from heat. Let stand 5 minutes. In a 9 x 13 baking dish mix the prepared rice, chicken, soups, butter, milk, broccoli, onion and cheese. Bake for 30 to 35 minutes or until cheese is melted. Stir halfway through cooking time to help cheese melt evenly.

Slow-Cooker Lasagna

4 C spaghetti sauce	1 T parsley flakes
9 lasagna noodles, broken up	2 C mozzarella cheese
1 24 oz. container cottage cheese	1/4 C Parmesan cheese

In crockpot, layer 1 C sauce, 3 broken up noodles, 1 C cottage cheese, 1 t parsley flakes, 1/2 C mozzarella cheese. Repeat to make 3 layers total. Top with remaining sauce and mozzarella cheese. Cover and cook on high 3-4 hours or low 7-8 hours. Sprinkle Parmesan over top during last hour cooking. For Spinach Lasagna, add heavy layer of fresh baby spinach over each layer of cottage cheese. For Meaty Lasagna, brown 1 1/2 lbs. ground beef with salt, pepper, & garlic powder. Drain. Spoon 1/3 cooked ground beef over each layer of cottage cheese.

CUTE WHODUNITS

1. Death in Paradise: For a trailer, click [here](#).
2. Queen's Mystery: For a trailer, click [here](#).
3. Agatha Raisin: For a trailer, click [here](#).

CLASSIC COOKIES

Snickerdoodle

1 C Butter, softened	2 tsp Cinnamon
2 Eggs	3 C all-purpose flour
1 1/2 C Sugar	1 tsp cream of tartar
1 tsp. Vanilla	1/4 C Sugar
1 tsp. baking soda	1/4 tsp salt

Beat butter on medium to high for 30 seconds. Add 1 1/2 C sugar, baking soda,

cream of tartar, and salt and mix in thoroughly. Beat in eggs and vanilla. Beat in as much of the flour as possible with the mixer, then stir in any remaining flour with a wooden spoon. Cover and chill for 1 hour. Preheat oven to 375 degrees. In a small bowl, mix $\frac{1}{4}$ C sugar and cinnamon. Shape dough into balls (1 $\frac{1}{4}$ "). Roll balls in cinnamon-sugar mixture to coat. Place 2" apart on ungreased cookie sheet. Bake for 10 to 12 minutes or until bottoms are lightly browned. Cool on a wire rack. *Adapted from Better Homes and Gardens.

Soft Ginger

1 $\frac{1}{4}$ C unbleached flour	3/4 C butter, softened
1 C white sugar	1 egg
2 t ground ginger	1 T water
1 t baking soda	1/4 C molasses
3/4 t cinnamon	2 T white sugar
1/2 t ground cloves	

Preheat oven to 350. Sift together flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside. In large bowl, cream together butter and 1 cup sugar until light and fluffy. Beat in egg, stir in water and molasses. Gradually stir sifted ingredients into molasses mixture. Shape dough into walnut sized balls, then roll them in remaining 2 T sugar. Place cookies 2" apart on ungreased cookie sheet, flatten slightly. Bake 8 to 10 minutes. Cool for 5 min., transfer to wire rack. Frost or glaze (optional).

Healthier Chocolate Chip

3/4 C rolled oats	3 T butter at room temperature
1 $\frac{1}{4}$ C all-purpose flour	1/2 C sugar
1/2 t baking s	1/2 C brown sugar
1/2 t salt	1 large egg
1/4 C oil	1 cup mini semi-sweet chips
1 large eg	1 $\frac{1}{2}$ t vanilla

Preheat oven to 350. Spread oats on a baking sheet and toast for 10 min. Remove and turn off oven. In a medium bowl mix flour, baking soda, and salt; set aside. In a large bowl, beat together oil, butter, and sugars with an electric mixer. Add egg, egg white, and vanilla, beating until well combined. Fold in oats, flour mixture, and chocolate chips. Cover and refrigerate dough for 1 hr. Preheat oven to 350. Place rounded teaspoonfuls dough 2" apart on parchment-lined baking sheet. Bake for 10 to 12 minutes or until golden brown. Cool 5 min. on baking sheet, then cool on wire rack.