

A B C D E

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# Cool Fuel for School

## 30 Recipes for Kid-Friendly Meals

"OOH IT'S SO GOOD!!"



A Free eCookbook from the Mr. Food Test Kitchen  
**SPONSORED BY**





## **Cool Fuel for School**

### **30 Recipes for Kid-Friendly Meals**

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**Cool Fuel for School: 30 Recipes for Kid-Friendly Meals**



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## A Message from the National Frozen & Refrigerated Foods Association

In today's hectic world, we all want delicious, nutritious and convenient meal solutions—without the mealtime battle with your kids. The frozen food and dairy aisles can be your meal-planning hero and give your kids the fuel they need to conquer the school day. With a few convenient (and mighty tasty) frozen and refrigerated shortcuts, you can whip up scrumptious breakfasts, lunches, dinners and desserts that all kids will love!

We hope you'll enjoy these kid-friendly recipes in our free Mr. Food Test Kitchen “Cool Fuel for School: 30 Recipes for Kid-Friendly Meals” eCookbook, featuring the convenience, real ingredients and value of frozen and refrigerated dairy foods that kids won't be able to resist. As you know, Mr. Food Test Kitchen's philosophy has always been “quick & easy,” and frozen and refrigerated products are a vital component to making easy meals at home that the whole family can enjoy, even those hard-to-please palates!

In this eCookbook, we've provided an excellent collection of kid-friendly recipes, tips and meal pairings that showcase the great taste, convenience and versatility you'll find in the “cool aisles” of your local grocery store. And don't hesitate to get your kids involved in the kitchen. You might be surprised to find kids will eat what they help cook, even if the dish is good for them!

This eCookbook is filled with yummy, kid-friendly recipes that even the pickiest of eaters can't refuse! If you still want more recipes after you've tried them all, visit us at [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com) and be sure to check out our new blog at [blog.EasyHomeMeals.com](http://blog.EasyHomeMeals.com), “Like” us on [Facebook](https://www.facebook.com) and follow us on [Pinterest](https://www.pinterest.com) and [Twitter](https://www.twitter.com).

So, what are you waiting for? It's time to get in the kitchen and create these “Cool Fuel for School” masterpieces...they're kid approved!

Happy Cooking!



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# Rise 'n' Shine Omelet Caps

Our Rise 'n' Shine Omelet Caps are the perfect solution for making everyone's eggs all at once! There's no skillet required, they're perfectly portioned, and they taste great...does it get much better?

**Serves: 6**

**Cook Time: 20 min**

## What You'll Need:

- 5 eggs
- 1/2 cup chopped cooked ham
- 1/2 cup shredded Cheddar cheese
- 1/4 cup sliced scallions



## What To Do:

1. Preheat oven to 350 degrees F. Coat 6 muffin cups with cooking spray.
2. In a large bowl, combine all ingredients; mix well then spoon into prepared muffin cups.
3. Bake 20 to 25 minutes, or until eggs are set. Serve immediately.

## Notes:

- Want to save even more time in the morning? Bake up a whole batch of these over the weekend and freeze 'em! Then, all you have to do is take 'em out of the freezer and reheat them before sending the kids off to school!
- Want to add a little variety to your omelet cups? It's easy! Toss in your favorite frozen veggies, use a different flavor of shredded cheese, or switch things up with sausage crumbles...it's up to you!



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**Mr. Food**  
TEST KITCHEN

# French Toast Rollups

With a hint of cinnamon and sugar on the outside, and a creamy filling on the inside, our mini French Toast Rollups is the perfect make-ahead, portable breakfast!

**Yields:** 24 rollups

**Chill Time:** 2 hr | **Cook Time:** 20 min

## What You'll Need:

- 1 (8-ounce) package cream cheese, softened
- 1 egg yolk
- 1 cup sugar, divided
- 24 slices white sandwich bread, crusts removed
- 1 tablespoon ground cinnamon
- 3 tablespoons butter, melted



## What To Do:

1. In a medium bowl, beat cream cheese, egg yolk, and 1/4 cup sugar until smooth; set aside.
2. Roll out each bread slice with a rolling pin. Spread cheese mixture over bread, distributing evenly. Roll up each slice jellyroll-style and place seam-side down on a baking sheet.
3. In a shallow dish, combine remaining sugar and the cinnamon. Brush butter over rollups then roll them in the cinnamon-sugar mixture, until completely coated. Return them to baking sheet after coating.
4. Cover and freeze at least 2 hours.
5. Just before serving, preheat oven to 400 degrees F. Bake rollups 10 to 12 minutes, or until golden.

## Note:

- Rollups will keep in the freezer up to 2 months before baking!



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# Sunrise Breakfast Pizza

Pizza for breakfast?! You got it! Our Sunrise Breakfast Pizza is loaded with healthy egg whites, vegetables, and turkey sausage to help you get a healthier start on your day.

**Serves:** 12

**Cook Time:** 15 min

## What You'll Need:

- 1 (11-ounce) package refrigerated pizza crust
- 1 tablespoon butter
- 2 cups refrigerated liquid egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cup frozen vegetables (broccoli, spinach and red bell peppers, or a combination of your favorites), thawed
- 1 cup shredded Cheddar cheese
- 2 frozen turkey sausage patties, thawed and cut into bite-sized pieces (see Note)



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 10" x 15" baking sheet with cooking spray.
2. Unroll dough onto coated baking sheet. Partially bake dough for 5 minutes then remove from oven and set aside.
3. Meanwhile, in a large skillet, melt butter over medium heat. Add egg whites, salt, and pepper; scramble and cook until eggs are firm.
4. Spoon scrambled eggs over prepared crust; top evenly with vegetables, cheese, and sausage pieces.
5. Bake 8 to 10 minutes, or until crust is golden and cheese is melted. Slice and serve.

## Notes:

- Make this pizza your own! Substitute the sausage patties or add frozen diced veggies, pepperoni slices, or any of your other favorite pizza toppings!
- If using refrigerated turkey sausage, brown it before cutting into bite-sized pieces.



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# 3 Minute Breakfast Bagel

Back to school doesn't have to mean rushing out the door without having a healthy and hearty breakfast first. Our 3 Minute Breakfast Bagel will start your family's day off on the right foot!

**Serves: 1**

**Cook Time: 3 min**

## What You'll Need:

- 1 refrigerated or frozen bagel, split in half
- 1/2 cup refrigerated liquid eggs
- 2 tablespoon refrigerated crumbled turkey sausage
- 2 tablespoon Mexican blend cheese
- 2 tablespoon fresh refrigerated salsa



## What To Do:

1. Toast bagel. Meanwhile in a small skillet over medium heat, cook eggs and sausage until almost set. Stir in cheese and finish cooking until set.
2. Evenly spoon eggs on to each toasted bagel half and top with salsa. Serve

## Note:

- Prefer using frozen turkey sausage links? Just thaw and crumble before cooking.



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# Breakfast in a Mug

No reason to skip breakfast when you can whip up this delicious all-in-one egg breakfast in minutes. Our Breakfast in a Mug makes for easy clean-up, and is the perfect way to start your day off right!

**Serves:** 1

**Cook Time:** 2 min

## What You'll Need:

- 1/2 cup frozen shredded hash browns
- 1/3 cup refrigerated liquid egg whites or 2 eggs, beaten
- 1 tablespoon water
- 1 frozen precooked turkey sausage link, cut into 1/2-inch chunks
- 2 tablespoons shredded sharp Cheddar cheese, divided



## What To Do:

1. Coat a 12-ounce microwavable coffee mug with cooking spray.
2. Add hash browns and microwave on high 1 minute.
3. Add egg whites, water, sausage and 1 tablespoon cheddar cheese; beat until blended. Microwave on high 30 seconds; stir.
4. Sprinkle remaining cheese on top and continue to microwave until egg is almost set, 15 to 30 seconds longer.

## Note:

- Make this in-a-hurry recipe extra-special by serving it in their favorite mug. There's nothing like giving them a healthy start, and getting a smile in return!



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# Super Breakfast Sundaes

Start your day on a sweet note with our Super Breakfast Sundaes. We use convenient ingredients to build spectacular sundaes that are perfect for getting sleepy heads out of bed in the morning!

**Serves: 4**

**Prep Time: 15 min**

## What You'll Need:

- 4 frozen toaster waffles
- 2 bananas, sliced
- 2 (8-ounce) containers lemon yogurt
- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- 1/2 cup toasted oat O-shaped cereal
- Strawberry syrup



## What To Do:

1. Cook waffles according to package directions. Cut into quarters.
2. Place banana slices evenly in serving glasses or bowls. Layer evenly with half each of the yogurt, berries, and cereal. Repeat layers once. Top with waffle quarters. Serve with syrup.

## Notes:

- Have kids build their own sundaes! Get the frozen waffles ready, and set out bowls with all of the ingredients. Let kids layer according to their tastes. They'll have fun making their very own breakfast, and you'll be glad to see 'em eating their breakfast!
- Is there another berry or flavored yogurt you prefer? Make these sundaes all your own by using your family's favorite! (We like to add raspberries sometimes!)



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# Pronto Pups Corn Dogs

Corn dogs may be a festival favorite, but they're a kid favorite, too! We hand-dip and fry our Pronto Pup Corn Dogs in a flavorful batter that makes them really stand out! It'll make your taste buds feel like they're at the fair!

**Serves: 6**

**Cook Time: 2 min**

## What You'll Need:

- 1 cup pancake mix
- 2 tablespoons self-rising cornmeal mix
- 1/2 cup milk
- 1 egg
- 1/2 teaspoon ground red pepper
- 1 cup oil
- 6 hot dogs (1 pound total)
- 6 wooden skewers



## What To Do:

1. In a shallow dish, combine pancake and cornmeal mixes, milk, egg, and ground red pepper; mix well and set aside.
2. In a large skillet, heat oil over medium heat until hot but not smoking.
3. Place a hot dog lengthwise on each skewer. Roll hot dogs in pancake mixture, coating completely.
4. Place coated hot dogs in skillet in batches and cook 1 to 2 minutes per side, or until coating is golden and hot dogs are heated through. Serve immediately.

## Note:

- Serve these “puppies” with ketchup and mustard, or with a side of our [Easy Cheese Sauce!](#)



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# Ultimate Grilled Cheese Sandwich

There is no denying it. This is truly the Ultimate Grilled Cheese Sandwich. It disappeared so fast in our Test Kitchen it barely even had time to cool!

**Serves: 5**

**Cook Time: 15 min**

## What You'll Need:

- 3/4 cup mayonnaise
- 1 (3-ounce) package cream cheese, softened
- 1 cup shredded Cheddar cheese
- 1 cup shredded mozzarella cheese
- 1/2 teaspoon garlic powder
- 10 slices sourdough bread
- 4 tablespoons (1/2 stick) butter, softened



## What To Do:

1. In a medium bowl with an electric mixer, beat mayonnaise and cream cheese until light and fluffy. Stir in Cheddar cheese, mozzarella cheese, and garlic powder; mix well.
2. Spread each of five bread slices evenly with cheese mixture. Top with remaining bread slices. Spread butter on both sides of the sandwiches.
3. In a skillet over medium heat, cook in batches until golden on both sides and the cheese is melted..

## Notes:

- Fill their thermos with our [Creamy Tomato Soup](#) for a classic pair that wins every time!
- Put a unique dinnertime spin on this classic lunch idea by trying our easy casserole recipe for [Grilled Cheese & Tomato Soup Bake](#).
- We love finding inspiration in the dairy aisles!



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# Farmhouse Ham and Cheese Bake

These hot 'n' hearty all-in-one-pan Farmhouse Ham and Cheese Bake sandwiches will earn you a gold medal every time you make them! They're so deliciously cheesy!

**Serves: 4**

**Cook Time: 30 min**

## What You'll Need:

- 8 slices hearty white bread
- 1/2 pound sliced deli ham
- 2 cups shredded extra sharp white Cheddar cheese, divided
- 2 tablespoons butter, softened
- 1-1/2 cup milk
- 4 eggs
- 1 teaspoon dry mustard
- 1 tablespoon chopped fresh chives
- 1 teaspoon salt
- 1/2 teaspoon black pepper



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Place 4 slices of bread in prepared baking dish. Evenly layer ham over bread. Sprinkle 1-1/2 cups cheese over ham and top with remaining bread. Spread butter over top of bread.
3. In a medium bowl, mix together milk, eggs, mustard, chives, salt, and pepper. Evenly pour egg mixture over bread and sprinkle with remaining cheese. Let sit 15 minutes.
4. Bake 30 to 35 minutes, or until egg custard is set and bread is golden.

## Notes:

- A side of fresh or frozen fruit makes a really great after-lunch dessert! (We like grapes and berries!)
- Have you checked out the wide variety of shredded cheeses in the dairy aisle of your grocery store? There are countless possibilities to give this bake a new flavor every time!



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# PB&J Waffle Sandwiches

We're reinventing the peanut butter and jelly sandwich by switching out the usual bread slices for frozen waffles! One taste of this kid-pleasing sandwich with a twist, and they'll be begging for more.

**Serves: 2**

**Cook Time: 2 min**

## What You'll Need:

- 1/4 cup peanut butter
- 2 tablespoons grape jelly
- 4 frozen waffles



## What To Do:

1. Spread peanut butter evenly on one side of 2 waffles then spread jelly evenly over the other 2 waffles. Press together one of each waffle to create two PB and J waffle sandwiches.
2. Heat a skillet or a griddle over medium heat; coat with cooking spray. Cook waffle sandwiches 2 to 3 minutes per side, or until heated through and golden. Serve immediately.

## Note:

- Pack their sandwich along with some apple slices, crunchy veggie sticks, or a yogurt cup to give them a healthy and complete lunchtime meal!



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# Taco Chicken Wraps

Spice up the normal lunchtime routine with these fun-to-make and tasty-to-eat Taco Chicken Wraps! They'll love getting to enjoy their favorite Mexican flavors for lunch!

**Serves: 4**

**Cook Time: 20 min**

## What You'll Need:

- 8 frozen chicken breast tenders, not breaded, thawed
- 1 (1-ounce) package taco seasoning mix
- 1 (8-ounce) can refrigerated crescent dinner rolls
- 1 scallion, thinly sliced
- 1/4 cup Mexican blend cheese
- 1 cup salsa



## What To Do:

1. Preheat oven to 375 degrees F.
2. In a large bowl, mix chicken and taco seasoning until chicken is evenly coated.
3. Separate dough into 8 triangles. Place 1 chicken tender on widest side of triangle; sprinkle with scallion and cheese. Roll dough around each chicken tender; place point side down on ungreased baking sheet.
4. Bake 20 to 22 minutes, or until chicken is no longer pink in center. Serve with salsa.

## Note:

- Adding a dollop of sour cream or plain yogurt makes these wraps even better!



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# Bubblin' Buffalo Chicken Sandwich

We combined all the flavors we love from Buffalo wings and rolled them all into one big over-stuffed baked, family-sized sandwich. When they see this Bubblin' Buffalo Chicken Sandwich, they're not gonna' want to wait another minute before diggin' in!

**Serves: 4**

## What You'll Need:

**Cook Time: 30 min**

- 1 (16-ounce) package frozen grilled chicken strips, thawed
- 1 cup Buffalo wing sauce
- 1 (8-ounce) package cream cheese, softened
- 3/4 cup blue cheese crumbles
- 1 tablespoon milk
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (16-ounce) French bread, cut in half lengthwise
- 3/4 cup chopped celery
- 1 cup shredded mozzarella cheese



## What To Do:

1. Preheat oven to 375 degrees F.
2. In a large bowl, combine chicken and wing sauce; toss until evenly coated and set aside.
3. In a medium bowl, combine cream cheese, blue cheese, milk, parsley, garlic, salt, and pepper; mix well. Evenly spread mixture on both cut sides of bread. Place on large piece of aluminum foil.
4. Place chicken on bottom half of bread; sprinkle with celery and mozzarella cheese. Top with remaining bread and wrap with foil.
5. Bake 30 minutes, or until hot in center and cheese is melted. Cut and serve.



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# Magical Mac & Cheese

Create a truly unforgettable dinner tonight for your gang with our Magical Mac & Cheese recipe. It's loaded with tons of cheddar and baked to perfection with a crunchy topping. You'll be in heaven after just one bite.

**Serves: 6**

## What You'll Need:

**Cook Time: 50 min**

- 1 pound elbow macaroni
- 1/2 stick butter
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2-1/2 cups milk
- 3 cups shredded sharp Cheddar cheese
- 1 cup shredded mozzarella cheese



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray. In a large pot, cook macaroni according to package directions; drain and place in a large bowl.
2. Meanwhile, in a saucepan over medium heat, melt butter. Add flour, salt, and pepper; stir to mix well. Gradually add milk, bring to a boil, and cook until thickened, stirring constantly. Add Cheddar cheese and cook until cheese is melted. Pour over macaroni, add mozzarella cheese, and mix well. Spoon into prepared baking dish.
3. Bake 35 to 40 minutes, or until heated through and top is golden. Serve immediately.

## Notes:

- How about getting them started with a creamy [Caesar Salad](#)? They can help out by tossing the ingredients together and sprinkling the cheese on top!
- Have frozen macaroni and cheese already in the freezer? Make our comforting and delicious [Macaroni and Cheese Soup](#)!



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# Impossibly Easy Cheeseburger Pie

Save time and work by serving up all the tastes of a family favorite rolled into one easy pie. Our Impossible Cheeseburger Pie tastes yummy as can be, and bakes up all at once. How fun is that?!!

**Serves: 6**

**Cook Time: 35 min**

## What You'll Need:

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/3 cup ketchup
- 1 tablespoon sweet relish
- 1/2 teaspoon salt
- 1 cup shredded sharp Cheddar cheese
- 3/4 cup biscuit baking mix
- 1 cup milk
- 2 eggs



## What To Do:

1. Preheat oven to 400 degrees F. Coat a (9-inch) glass pie plate with cooking spray.
2. In a large skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in ketchup, relish, and salt. Spread evenly into prepared pie plate, then sprinkle with cheese.
3. In a small bowl, stir remaining ingredients with wire whisk until blended. Pour over top.
4. Bake 25 to 30 minutes, or until knife inserted in center comes out clean.

## Note:

- Give your cheeseburger pie a kick by swapping Pepper Jack cheese for the sharp Cheddar cheese!



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# Mama's Chicken Pot Pie

M-m-m...the aroma of this chicken pot pie baking in the oven takes us back to the warmth of Mama's cozy kitchen, but without all the fuss and mess! Our version uses frozen vegetables with an easy homemade crust. Make this family favorite tonight, and you'll have 'em beggin' for it again and again!

**Serves: 6**

## What You'll Need:

**Prep Time: 10 min / Cook Time: 45 min**

- 1 (10-3/4-ounce) can cream of celery or cream of chicken soup, undiluted
- 1-1/2 cup chicken broth
- 3 cups chopped cooked chicken
- 1 (10-ounce) package frozen mixed vegetables
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup butter
- 1 cup self-rising flour
- 1/2 cup milk



## What To Do:

1. Preheat oven to 400 degrees F. Cook soup in a medium saucepan over medium heat until hot. Gradually add broth, stirring until smooth.
2. Add chicken, frozen vegetables, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally. Spoon mixture into a lightly greased 7- x 11-inch baking dish; set aside.
3. Cut butter into flour with a pastry blender or 2 knives until mixture is crumbly. Add milk, stirring just until dry ingredients are moistened. (Mixture will be lumpy.)
4. Gently spoon batter evenly on top of chicken mixture. Bake, uncovered, 35 minutes or until golden.

## Notes:

- Using frozen vegetables helps save us time, which means dinner can be on the table even faster!
- In a time pinch? Use ready-to-bake refrigerated buttermilk biscuits for your chicken pot pie instead!



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# Family-Favorite Tuna Noodle Casserole

We call it Family-Favorite Tuna Noodle Casserole 'cause this is a dish that gets the whole family clamoring for seconds! After all, who doesn't love the classic taste of tuna paired with creamy cheesiness?

**Serves: 6**

## What You'll Need:

**Prep Time: 5 min / Cook Time: 30 min**

- 1 (16 ounces) package elbow macaroni
- 1 (12 ounces) can water-packed tuna, drained and flaked
- 2 (10-3/4 ounces) cans condensed cream of mushroom soup
- 1 (8-1/2 ounces) can peas, drained
- 2 cups (8 ounces) shredded Swiss cheese, divided
- 1 cup heavy cream
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F.
2. Prepare macaroni according to package directions; drain, rinse, and drain again. Place in large bowl and add tuna, mushroom soup, peas, 1-1/2 cups Swiss cheese, cream, and pepper; mix well. Pour into 9- x 13-inch baking dish that has been coated with cooking spray. Sprinkle remaining 1/2 cup Swiss cheese over top.
3. Bake 20 to 25 minutes, or until heated through.

## Notes:

- Make it a complete meal by serving this creamy casserole with your favorite frozen garlic bread.



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# Minnesota Hot Dish

Our Minnesota Hot Dish is the perfect, comforting casserole for a busy weeknight dinner. It's a meat and potato lover's dream, with a serving of good-for-you veggies, too!

**Serves: 4**

**Cook Time: 40 min**

## What You'll Need:

- 1 pound ground beef
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1 (10-3/4-ounce) can cream of mushroom soup, undiluted
- 1/2 cup milk
- 1 (16-ounce) package frozen mixed vegetables
- 1 cup (4-ounces) shredded Cheddar cheese
- 1/2 (32-ounce) package frozen seasoned potato nuggets



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 2-1/2-quart baking dish with cooking spray.
2. In a skillet over medium heat, brown ground beef, onion, and salt, stirring until meat crumbles and is no longer pink; drain. Spoon ground beef into prepared baking dish.
3. In a small bowl combine soup and milk, mix well. Layer frozen vegetables, soup mixture, and cheese over ground beef. Top with frozen potatoes.
4. Bake 35 to 40 minutes, or until potatoes are golden and casserole is heated through.



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# Deep Dish Pizza Casserole

Our Test Kitchen put an easy spin on the popular Chicago-style "deep dish pizza," and this is the tasty result. Anyone can make our Deep Dish Pizza Casserole and everyone will love it!!

**Serves: 6**

## What You'll Need:

**Cook Time: 30 min**

- 1 pound ground beef
- 1 (15-ounce) can chunky Italian-style tomato sauce
- 1 (10-ounce) can refrigerated pizza dough
- 6 (1-ounce) slices mozzarella cheese, divided
- 1 cup frozen bell peppers and onions, thawed and drained
- 1/4 cup grated Parmesan cheese



## What To Do:

1. Preheat oven to 425 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a medium nonstick skillet over medium-high heat, brown beef, stirring until meat crumbles and is no longer pink. Drain, if necessary, and return to skillet. Add tomato sauce and cook until heated.
3. Meanwhile, unroll pizza dough, and press into bottom and halfway up sides of prepared baking dish (see Notes). Line bottom of pizza crust with 3 slices mozzarella cheese. Top with meat mixture and veggies.
4. Bake, uncovered, 12 minutes. Top with remaining cheese slices and sprinkle with Parmesan cheese. Bake an additional 5 minutes, or until crust is browned and cheese melts. Cool 5 minutes before serving.

## Notes:

- Make sure to push the pizza crust up the sides of your baking dish so the delicious pizza filling will bubble up inside the crispy crust!
- Like your pizza with more toppings? Maybe add pepperoni or crumbled, cooked sausage from the freezer aisle for extra taste!



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# Peanut Butter and Jelly Pie

Serve up a slice of this pie, and they'll say, "Pie? Peanut Butter and Jelly Pie? Wow! More! More!"  
What a great way to serve everyone's favorite!

**Serves: 6**

**Prep Time: 5 min**

## What You'll Need:

- 1 (8 ounce) package cream cheese, softened
- 1/3 cup peanut butter
- 1/2 cup confectioners' sugar
- 1 tablespoon milk
- 1 prepared 9-inch chocolate-flavored pie crust
- 1/2 cup strawberry preserves
- 2 cups frozen whipped topping, thawed (an 8-ounce container is 3-1/2 cups)



## What To Do:

1. In a large bowl, combine cream cheese and peanut butter, mixing until well blended. Add sugar and milk; mix well.
2. Spoon cream cheese mixture into pie crust; chill.
3. Spread with preserves; top with whipped topping.

## Notes:

- We know they'll never get tired of eating this Peanut Butter and Jelly Pie, but if you want to give them a little change, just use different preserves! This pie tastes just as good with any of their favorites!
- Serve this pie with a tall glass of cold milk, just like you would a sandwich. We love this classic pair!



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# Mini Chocolate Chip Cheesecakes

Show 'em how sweet you think they are by packing a Mini Chocolate Chip Cheesecake in their lunch. We bet you'll have a few hugs lined up at the end of the day!

**Serves: 24**

**Cook Time: 10 min**

## What You'll Need:

- 1 (18-ounce) package refrigerated chocolate chip cookie dough
- 1 (8-ounce) package cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon unsweetened cocoa



## What To Do:

1. Preheat oven to 375 degrees F. Coat a mini muffin tin with cooking spray.
2. Slice cookie dough into 24 slices. Roll each slice into a ball and place in prepared muffin tin. Press down in center of each, making a deep well. Bake 10 to 12 minutes, or until edges are set and "crusts" are light brown.
3. Remove from oven and press down in center of each with a spoon, making an indentation. Let stand 5 minutes then remove to wire racks to cool completely.
4. In a small bowl, with an electric beater on medium speed, beat cream cheese, sugar, and vanilla until smooth. Spoon 1 teaspoon cream cheese mixture into each cup. Dust tops with cocoa. Serve immediately, or cover and keep chilled until ready to serve.

## Notes:

- Instead of dusting these with the cocoa, you might want to top them with some cherry pie filling for a mini cherry-chocolate treat that kids of any age will love!
- Not a fan of chocolate chip cookies? Make these mini cheesecakes using your favorite ready-to-bake cookie dough flavor!



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# Mighty Marshmallow Crescent Puffs

How do you bake up some kitchen magic of your own? Make Mighty Marshmallow Crescent Puffs! They'll wonder where the marshmallow went, while you're left speechless by how fast they'll make them disappear!

**Serves:** 16

**Cook Time:** 15 min

## What You'll Need:

- 2 (8-ounce) cans refrigerated crescent rolls
- 1/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 16 large marshmallows
- 1/4 cup butter, melted
- 1/2 cup sifted confectioners' sugar
- 2 teaspoons milk
- 1/4 cup chopped pecans



## What To Do:

1. Preheat oven to 375 degrees F. Unroll crescent roll dough and separate into 16 triangles. In a small bowl, combine granulated sugar and cinnamon.
2. Dip each marshmallow in melted butter, dredge in sugar-cinnamon mixture, and place on shortest side of a dough triangle; fold point of shortest side over marshmallow, and roll toward opposite point, covering marshmallow. Pinch seams to seal. Dip seam side of puff in melted butter, and place buttered side down in an ungreased muffin cup. Repeat until all marshmallows are used.
3. Bake 12 to 15 minutes, or until puffed and golden. Remove from muffin cups immediately. Combine powdered sugar and milk; drizzle over warm puffs. Sprinkle with pecans and serve.

## Notes:

- These puffy pastries are as much fun to make as they are to eat, so get the kids in on the action! Let them dip the marshmallows in butter and dredge them in cinnamon sugar.
- The marshmallows may disappear, but the flavor still remains!



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# Frozen S'mores Stack

We've taken one of your campfire and summer favorites and turned it into a cool dessert you can enjoy anytime! If you like the idea of decadent chocolate ice cream and gooey marshmallows sandwiched between layers of graham crackers, then you're going to LOVE our Frozen S'mores Stack!

**Serves:** 12

**Chill Time:** 4 hr

## What You'll Need:

- 1 (14.4-ounce) package honey graham crackers
- 1/2 gallon chocolate ice cream, softened
- 2 cups mini marshmallows
- 1 (17.75-ounce) jar hot fudge topping, divided
- 1 (8-ounce) container frozen whipped topping, thawed
- 2 (1.55-ounce) chocolate candy bars, coarsely chopped



## What To Do:

1. Line the bottom of a 9- x 13-inch baking dish with 1/3 of the graham crackers.
2. In a large bowl, combine ice cream and marshmallows; gently stir until well combined. Spread 1/2 of ice cream mixture over graham crackers. Gently spread 1/2 of hot fudge over ice cream layer. Repeat layers with 1/3 of graham crackers, remaining ice cream mixture, and remaining hot fudge. Top with remaining graham crackers. Cover with whipped topping and sprinkle with candy bar pieces.
3. Cover and freeze 4 hours, or until frozen.

## Note:

- Have you seen just how many different kinds of chocolate ice cream you can find in the freezer aisles? Let them pick out their favorite to make this a dessert they're really gonna' love!



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# Tutti Frutti Dessert Pizza

Serve up a big slice of Tutti Frutti Dessert Pizza after dinner and watch as your family's faces light up! And with a medley of fruit sitting on top of a layer of cream and sugar cookie dough...who would

**Makes:** 8 slices

**Cook Time:** 10 min

## What You'll Need:

- 1 (16.5-ounce) package refrigerated sugar cookie dough, cut into 1/2-inch slices
- 1 (8-ounce) package cream cheese, softened
- 1-1/4 cup confectioners' sugar, divided
- 3 tablespoons refrigerated hazelnut coffee creamer, divided
- 2 cups frozen or fresh sliced peaches
- 1 cup frozen or fresh sliced strawberries
- 1 cup frozen or fresh blackberries
- 1/2 cup frozen or fresh blueberries
- 2 tangerines, peeled and separated into segments
- 1 kiwi, peeled and sliced



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 12-inch pizza pan with cooking spray.
2. Place cookie slices on pan and press together with lightly floured fingers, forming 1 large cookie.
3. Bake 9 to 11 minutes, or until top is light golden; let cool.
4. Meanwhile, in a large bowl, beat cream cheese, 3/4 cup confectioners' sugar, and 2 tablespoons hazelnut creamer until fluffy. Spread cream cheese mixture over cooled cookie dough and top with assorted fruit.
5. In a small bowl, mix remaining confectioners' sugar and remaining hazelnut creamer. Drizzle over fruit, slice, and serve.

## Note:

- If you're using frozen fruit, we found it is better to thaw it first. This will keep your cookie crust from getting soggy with excess liquid.



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# Sunny Lemon Squares

Teach your kids a few tasty skills in the kitchen while having fun! Bake up this treat together and enjoy our cheery Sunny Lemon Squares filled with the taste of sunshine.

**Serves:** 12

**Cook Time:** 40 min

## What You'll Need:

2-1/2 cups all-purpose flour, divided  
1 cup (2 sticks) butter, softened  
1 cup confectioners' sugar, plus extra for topping  
2 cups granulated sugar  
4 eggs  
1/2 cup lemon juice  
1 teaspoon lemon extract



## What To Do:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, combine 2 cups flour, the butter, and 1 cup confectioners' sugar; mix until crumbly. Press into bottom of a 9- x 13-inch baking dish to form a crust; bake 15 minutes.
3. Meanwhile, in a large bowl, with an electric beater on medium speed, beat remaining 1/2 cup flour, the granulated sugar, eggs, lemon juice, and lemon extract until well blended. Pour over hot crust.
4. Bake 25 to 30 minutes, or until set.
5. Allow to cool then cut into squares. Dust with extra confectioners' sugar and serve.

## Notes:

- Try something similar! Our [Citrus Bars](#) are another way to get that summer fruity flavor you're craving!
- Butter gives these sweet treats the perfect consistency and flavor!



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# Mini Fruit Pockets

This mini homemade version of one of our favorite store-bought treats, will run rings around the original. Why? Because nothing beats the taste of fresh, homemade Mini Fruit Pockets oozing with our favorite fruit preserves.

**Makes:** 12 pastries

**Cook Time:** 7 min

## What You'll Need:

- 1 (14.1-ounce) box rolled refrigerated pie crust
- 1/4 cup strawberry preserves or your favorite flavor
- 1 cup confectioners' sugar
- 1 tablespoon milk
- Decorative sugar for garnish (optional)



## What To Do:

1. Preheat oven to 425 degrees F. Coat a baking sheet with cooking spray.
2. Unroll one pie crust and using a knife, square the edges. Cut into 12 rectangles 2 inches wide by 3 inches long. Place a teaspoon of preserves in center of 6 rectangles and top with remaining rectangles. Using a fork, crimp edges and place on baking sheet. Unroll second pie crust and repeat process.
3. Bake 7 to 9 minutes, or until lightly browned. Let cool 5 minutes, then remove to a wire rack to cool completely.
4. In a small bowl, stir together confectioners' sugar and milk, until consistency is like thick syrup. Spoon glaze slowly over fruit pockets and sprinkle with decorative sugar, if desired. Let harden, then serve.

## Notes:

- For extra tasty fun, let kids decorate their own Mini Fruit Pockets!
- We love the versatility of refrigerated pie crust! We've used it to make these fruit pockets, but feel free to be inspired and give these a savory twist, too!



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# Yogurt Smoothie

This Yogurt Smoothie is a drink that has it all! It looks super, the taste is even better, and it's nutritious. The best part is that it's so yummy, no one will ever guess how nutritious it is!

**Serves: 6**

**Cook Time: 5 min**

## What You'll Need:

- 2 (8-ounce) cans pineapple chunks, with 1/2-cup juice reserved
- 1 (16-ounce) can pears, with 1/2-cup juice reserved
- 1 cup frozen strawberries
- 3 tablespoons sugar
- 1 cup plain yogurt
- 1 cup ice cubes



## What To Do:

1. Combine all ingredients except the ice in a blender; blend until smooth. Blend in the ice cubes until smooth, and serve.

## Notes:

- By using frozen fruit, the washing, chopping, slicing and dicing is already done and there is no waste!
- Kids can make their own smoothies, with adult supervision! Let 'em measure and toss in all the ingredients. Then, you can just blend and pour into their favorite glasses.



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# Mama's Mini Cinnis

Get excited for these Mini Cinnis because they are P-E-R-F-E-C-T! Mama will be proud of how superb you've become in the kitchen and when you see the happy faces of those around your table, you'll be proud of yourself!

**Makes:** 2 dozen

## What You'll Need:

**Prep Time:** 10 min / **Cook Time:** 15 min

- 2 (8-ounce) cans refrigerated crescent rolls
- 6 tablespoons butter, softened
- 1/3 cup packed brown sugar
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 1/4 cup chopped pecans
- 1-1/3 cup sifted powdered sugar
- 2 tablespoons milk
- 1/4 teaspoon vanilla extract



## What To Do:

1. Preheat the oven to 375 degrees. Unroll crescent rolls, and separate each dough portion along center perforation to form 4 rectangles; press diagonal perforations to seal.
2. Stir together butter and next 3 ingredients; spread evenly over 1 side of each rectangle. Sprinkle with pecans. Roll up jellyroll fashion, starting at long end (see note). Gently cut each log into a 6 (1-inch-thick) slices, using a serrated knife. Place rolls, 1/4-inch apart, into 2 (8-inch) greased cake pans, placing 3 in the center.
3. Bake 15 to 17 minutes or until golden. Remove from pans. Cool 5 to 10 minutes.
4. Stir together powdered sugar, milk, and vanilla; drizzle over warm rolls.

## Notes:

- To make slicing easier, place unbaked rolls on a baking sheet, and freeze 10 minutes.
- You can easily double this recipe for a crowd!



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# Fluffy Cream Cheese Fruit Dip

Whip up this Fluffy Cream Cheese Fruit Dip super-fast with just four ingredients!  
It's so good, you'll want to eat it with a spoon!

**Makes:** 3 cups

**Prep Time:** 10 min

## What You'll Need:

- 1 (8-ounce) package cream cheese, softened
- 2 cups powdered sugar
- 2 teaspoons vanilla extract
- 1/2 cup whipping cream, whipped



## What To Do:

1. Beat cream cheese, powdered sugar, and vanilla at medium speed of an electric beater until fluffy. Fold in whipped cream; serve with fruit.

## Note:

- We like serving this dip with a platter of apple slices and fresh strawberries, but you can serve with any of their favorite fruits!



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# Shortcut Blueberry Muffins

No need to "sing the blues" about not having enough time to bake yummy muffins from scratch! Find out how you can still whip up a batch in a snap with this delicious blueberry muffin recipe!

**Makes:** 12 muffins

**Cook Time:** 15 min

## What You'll Need:

- 2 cups pancake and baking mix
- 1/2 cup sugar
- 2/3 cup milk
- 2 tablespoons vegetable oil
- 1 egg
- Zest of 1 lemon
- 3/4 cup fresh or frozen (thawed and drained) blueberries



## What To Do:

1. Preheat oven to 400 degrees F. Coat 12-cup muffin tin with cooking spray, or line muffin tin with paper liners.
2. In a large bowl, stir together all ingredients except blueberries, just until moistened. Gently stir in blueberries. Divide batter evenly among muffin cups.
3. Bake 13 to 18 minutes, or until golden brown.

## Note:

- These make a great grab-and-go snack! Use different kinds of berries to add a little variety!



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# My Aunt's Veggie Dip

Break out the fresh veggies and pita chips, 'cause once you set out a bowl of "My Aunt's Veggie Dip" they're gonna want to dig in! This dip is famous for disappearing in a flash!

**Makes:** 4 cups

**Chill Time:** 1 hr

## What You'll Need:

- 2 (8-ounce) packages cream cheese, softened
- 3/4 cup ranch dressing
- 2 cups fresh or frozen corn (thawed if frozen)
- 1/2 red bell pepper, diced
- 3 scallions, sliced
- 1 (2-1/4-ounce) can sliced black olives, drained and coarsely chopped
- 1/4 teaspoon cayenne pepper



## What To Do:

1. In a large bowl, mix cream cheese and ranch dressing. Stir in remaining ingredients; mix well.
2. Spoon into a serving bowl, cover, and refrigerate 1 hour, or until ready to serve.

## Notes:

- We like serving this dip on a platter surrounded by a variety of colorful veggies and our [Crispy Crunchy Pita Chips](#)!
- If you're in a jam, you can also pick up refrigerated veggie dips at your local grocery store.



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