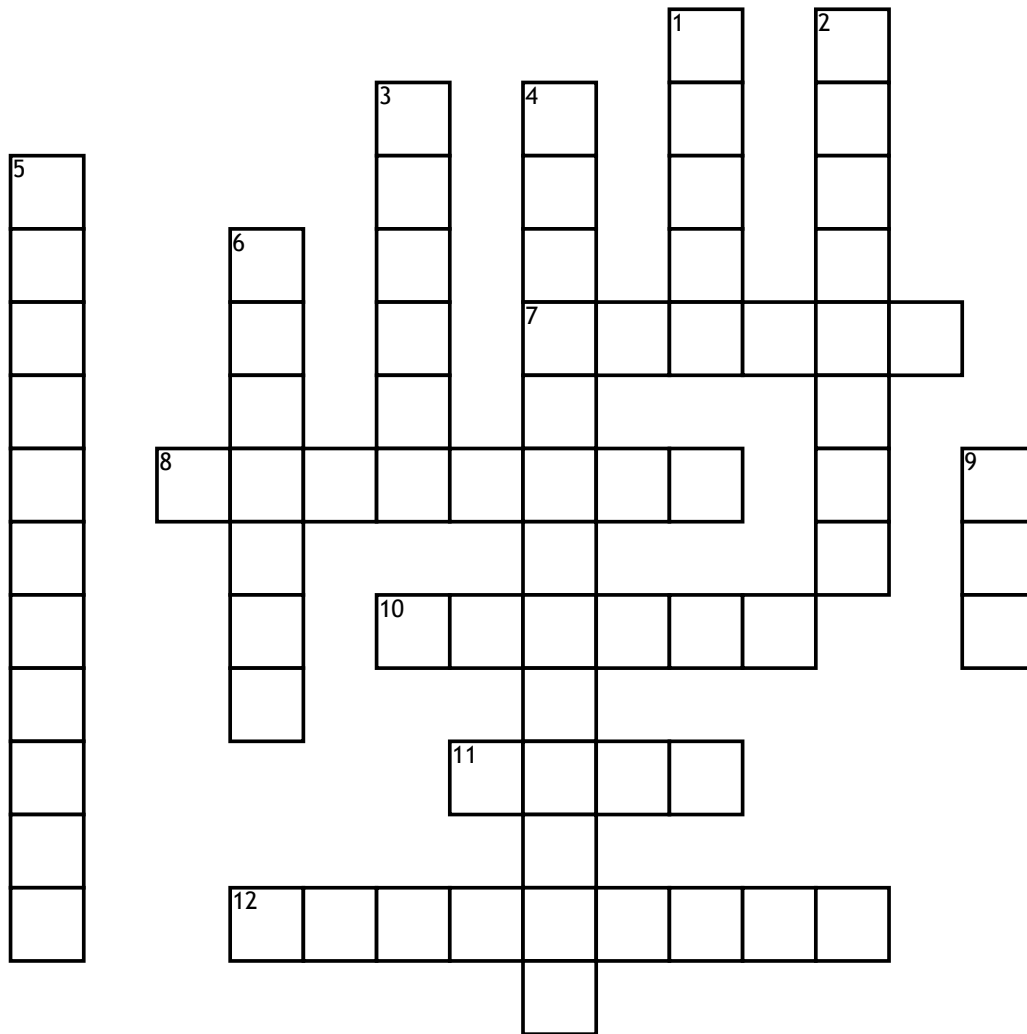Name: _____ Date: _____

Casseroles

Across

7. Casseroles can be what

8. Thickens the mixture by absorbing liquids while adding flavor and nutrients is what

10. Casseroles are high in

11. Consisting of meat, poultry, fish or cheese

12. A flavorful combination of precooked or quick-cooking foods in a one-dish meal

Down

1. Toppings are added to casseroles for what reason

2. Can be bread crumbs, potatoes, rice, grains, and dry beans

3. Typical liquids are milk, broth, fruit juice, soup, eggs, or sauces

4. Rice and pasta are what nutrient

5. Everything is one

6. Meat, fish, eggs, dried beans, and cheese are what

9. what nutrient are sauces

Word Bank

Carbohydrates   Binder   Extender   Sodium

Base   Casserole   Temperature   Fat

Protein   boring   color   Starches