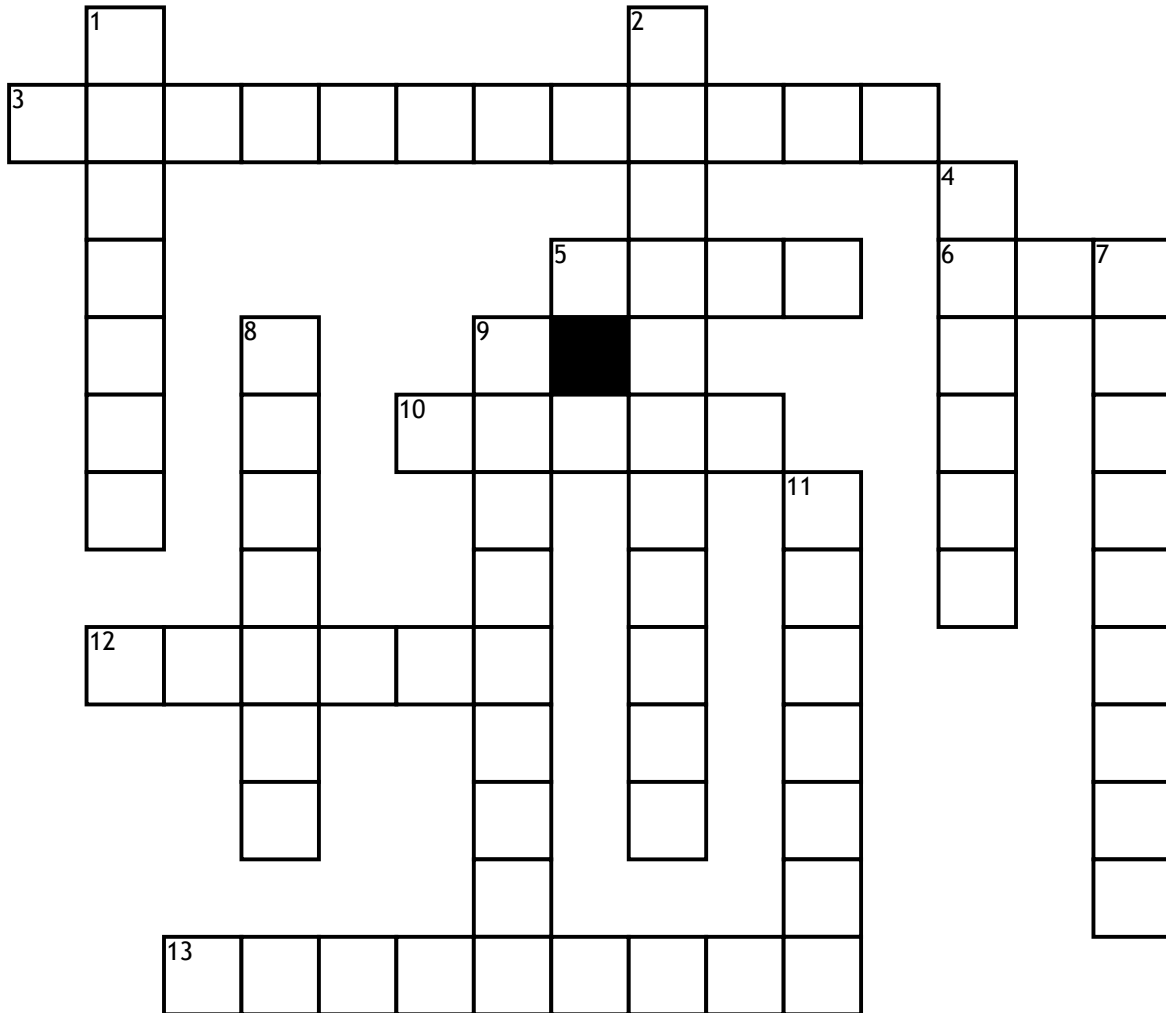


Dinners



Across

- 3. Pasta and rice provide this nutrient.
- 5. What spice enhances the flavor of other foods?
- 6. What could you add to mac and cheese for a protein?
- 10. Usually there is a _____ that holds everything in a casserole together.

- 12. Another great topping for a casserole is _____.
- 13. A comfort food that's all in one dish and baked.

Down

- 1. When you don't feel like cooking. You order _____.
- 2. _____ and butter make a nice topping for a casserole.

- 4. Macaroni and _____ is a casserole.
- 7. Spaghetti and _____ is a nice dinner with a salad.
- 8. Chicken, turkey, beef provide this nutrient.
- 9. Shepard's Pie is a _____.
- 11. When you mix ingredients together. You _____ them.