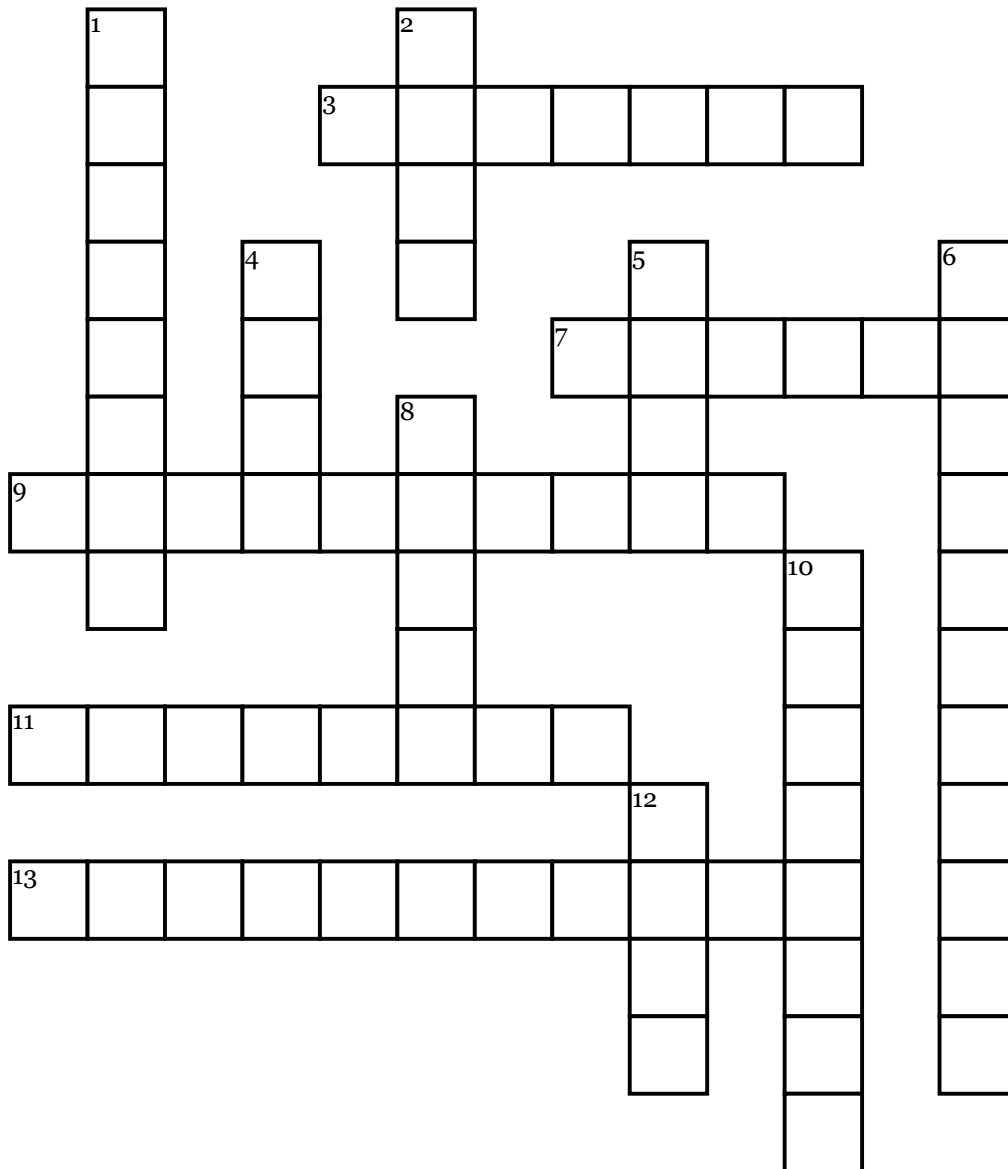


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Casserole



## Across

**3.** Casserole is a blend of cooked ingredients that are heated to \_\_\_\_\_ flavor.

**7.** Typical liquids like milk, broth, fruit juice, soup, eggs, or sauce are called \_\_\_\_\_

**9.** Mineral and vitamin nutrients are normally in the \_\_\_\_\_

**11.** Casseroles is easier because it makes a \_\_\_\_\_ meal

**13.** Casseroles take very little \_\_\_\_\_

## Down

**1.** Can be high in fat and \_\_\_\_\_

**2.** Normally has a lot of \_\_\_\_\_ overs

**4.** Part of Casserole that contains meat, poultry, fish, or cheese

**5.** Casseroles are made quickly reducing \_\_\_\_\_.

**6.** Casseroles have a very quick and easy \_\_\_\_\_

**8.** Fat Nutrients in casseroles are normally the \_\_\_\_\_

**10.** Bread crumbs, potatoes, rice, grains, and dry beans are called \_\_\_\_\_

**12.** Casseroles are always made in the same \_\_\_\_\_