

Meals from the Heart

Four Cheese Baked Pasta

Servings | 25

Ingredients

3 lbs.	short pasta
2 tbsp.	vegetable oil
2	medium onions, diced
7 - 15 oz. cans	crushed tomatoes
1 - 28 oz. can	tomato puree
3 1/2 tsp	Italian seasoning
1 1/2 cups	fresh parsley, chopped
1/2 tsp.	black pepper
1 tbsp.	salt
4 cups	cottage cheese
1 lb.	shredded mozzarella cheese
8 oz.	shredded Swiss cheese
8 oz.	shredded Provolone cheese

Directions

- Boil a pot of water with salt and cook pasta according to the package directions. Drain the pasta.
- Heat oil in a large pot over medium-high heat until shimmering. Add onions and cook, stirring frequently, until softened.
- Add tomato products and seasonings to pot. Cover and simmer for about 10 minutes. Turn off heat.
- Layer the pasta as follows into 1 large and 1 - 1/2-size baking pans:
 - sauce
 - pasta
 - cottage cheese
 - mozzarella cheese
 - Swiss cheese(do this 4—5 times and then layer the rest of the sauce on top)
- Sprinkle the parsley and then provolone cheese over the dish. Cover and bake at 350 degrees F for 20—25.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Roasted Brussels Sprouts

Servings | 25

Ingredients

7 lbs.	fresh Brussels sprouts
1/4 cup	olive oil
2 tsp	salt

Directions

- Preheat oven to 400° F.
- Trim stem end of Brussels sprouts.
- Discard wilted outside leaves.
- Mix them in a bowl with the olive oil, salt, and pepper.
- Pour them on baking sheets and roast for 35 to 40 minutes until crisp on the outside and tender on the inside.
- Sprinkle with more salt if desired and serve immediately in a steam tray to keep them warm.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Caesar Salad & Garlic Bread

Servings | 25

Ingredients

3 heads	Romaine lettuce
1 bottle	Caesar dressing
1 - 5 oz. package	croutons
2 loaves	pre-packaged garlic bread

Directions

- Chop Romaine lettuce (wash if unwashed). Toss with croutons in a large bowl, and set out with dressing.
- Follow package instructions for heating garlic bread.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Shopping List

Servings | 25

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

7 lbs.	fresh Brussels sprouts
2	medium yellow onions
1 bunch	fresh parsley
1 head	garlic
3 ea	Romaine lettuce hearts
1 bottle	Caesar dressing
1 - 5 oz. package	croutons
7 - 15 oz. cans	crushed tomatoes
1 - 28 oz. can	tomato puree
8 oz.	provolone cheese
32 oz.	cottage cheese
1 lb.	mozzarella cheese
8 oz.	shredded Swiss cheese
3 lbs.	ziti noodles
2 loaves	pre-packaged garlic bread



**Ronald
McDonald
House®**
Oregon