

Cooking Corner



Discover “Delish” Dishes With Minimal Prep Time

(NAPS)—Here’s good news for time-starved cooks who day after day have to dig up a delicious meal idea to feed their family.

Many home cooks seek out something new to serve for dinner that’s not only delicious, but also fast (20 minutes) and easy to prepare. The Fleischmann’s Yeast test kitchens have developed two tasty and simple 1-Dish meals that will soon become your own family’s favorites—and yours too.

Throw away the notion that baking with yeast takes more time than you have. The kneading and rising steps have been eliminated in these recipes.

Anyone can do it. Combine the batter ingredients right in the dish you bake it in. Top with chicken or beef together with a prepared sauce or gravy plus vegetables and place in a cold oven. The dough rises as the oven heats up. Bake for only 30 minutes and you have a piping hot dinner.

1-Dish Chicken & Broccoli Alfredo

Serves: 6
Prep time: 20 minutes
Bake time: 30 minutes

1½ cups all purpose flour
2 teaspoons sugar
½ teaspoon garlic salt
2 envelopes Fleischmann’s RapidRise Yeast
¾ cup very warm water (120° to 130° F.)
3 tablespoons olive oil

Chicken Mixture

1¼ cups (6 ounces) cooked chicken, diced
2 cups frozen broccoli florets, thawed
1 cup prepared Alfredo sauce

Topping

1 cup Italian blend shredded cheese

MIX batter ingredients together in a pre-sprayed 8x8-inch baking dish. Let rest 10 minutes. Combine chicken mixture ingredients.

TOP batter evenly with chicken mixture. Sprinkle with cheese.

BAKE by placing in a COLD oven. Set temperature to 350° F. and bake for 30 minutes, until baked through.

1-Dish Beef & Mushroom Pot Pie

Serves: 6
Prep Time: 20 minutes
Bake Time: 30 minutes

Batter

Mazola Pure™ Cooking Spray
1½ cups all-purpose flour
¼ cup whole wheat flour
2 envelopes Fleischmann’s RapidRise Yeast
2 teaspoons sugar
½ teaspoon salt
1 cup very warm water (120° to 130° F.)
¼ cup corn oil



After a long day you can feel good about serving this 1-Dish Beef & Mushroom Pot Pie, which is easy, nutritious and takes 20 minutes to prep and just 30 minutes to bake.

Beef Filling

2 tablespoons butter or margarine
1 package (8 ounces) sliced fresh mushrooms
½ cup chopped red and green bell peppers
1 tablespoon dry sherry (optional)
1 package mushroom gravy mix
1 cup water
2 cups (8 ounces) cooked roast beef, chopped into bite-sized pieces
2 teaspoons parsley flakes

MIX batter ingredients

together in a pre-sprayed 8x8-inch baking dish; set aside. Melt butter in a large skillet and sauté mushrooms and bell peppers 1 to 2 minutes. Add sherry. Stir in gravy mix and water, heat until boiling and thickened. Remove from heat and add beef.

TOP batter evenly with beef filling. Sprinkle with parsley.

BAKE by placing in a COLD oven; set temperature to 350° F. Bake for 30 minutes, or until baked through.

For more helpful baking tips and more 1-Dish meal recipes, visit the Fleischmann’s Yeast Web site, www.breadworld.com.

Did You Know?

Good news for time-starved cooks who day after day have to dig up a delicious dish for their family. New 1-Dish meals from Fleischmann’s Yeast eliminate the kneading and rising of the traditional method of yeast baking. For helpful baking tips, recipes and information, visit www.breadworld.com.