



## ***Seven Super Sides***

Get a whole week of “Mmmm” with seven rich and creamy side dish ideas from CARNATION®. Take this handy guide with you to the store for inspiring ideas and easy shopping.



# Monday: Mmmmac & Cheese



## Top of the Stove Mac & Cheese

**Prep:** 10 min  
**Cooking:** 10 min  
**Yields:** 6 servings

Ease into the week with a quick and easy Mac & Cheese recipe the whole family (even your pickiest eaters) will love, made extra creamy with the addition of Evaporated Milk.

**DID YOU KNOW?**  
Evaporated Milk has 2x the calcium and protein of drinking milk.

### Ingredients

- 2 cups (8 oz.) dried small elbow macaroni
- 1/4 cup (1/2 stick) butter or margarine
- 2/3 cup NESTLÉ® CARNATION® Evaporated Milk
- 2 large eggs
- 3/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce (optional)
- 2 cups (8 oz.) shredded sharp cheddar cheese

### Directions

**PREPARE** pasta in large saucepan according to package directions; drain and set aside.

**MELT** butter in same saucepan over medium heat. Remove from heat; whisk in evaporated milk, eggs, mustard, salt and hot pepper sauce. Return pasta to saucepan; stir in cheese. Cook over low heat, stirring constantly, for 4 to 5 minutes or until cheese is melted and mixture is creamy and thickened. Serve immediately.

### Shopping List

Recipe: Top of the Stove Mac & Cheese

- 8 oz. dried small elbow macaroni
- Butter
- Eggs
- 1 can (12 fl. oz) NESTLÉ® CARNATION® Evaporated Milk
- Dry mustard
- Hot pepper sauce (opt.)
- 8 oz. shredded sharp cheddar cheese



# Tuesday: More Veggies Please



## Vegetable Florets with Cheddar Sauce

**Prep:** 5 min  
**Cooking:** 20 min  
**Yields:** 4 servings

Kids will love eating broccoli and cauliflower “trees” with this rich and creamy cheese sauce.

### DID YOU KNOW?

You can use Fat Free Evaporated Milk for creamy sauces with less fat.

### Ingredients

- 2 cups (6 oz.) cauliflower florets
- 2 cups (6 oz.) broccoli florets
- 1/3 cup water
- 1 tablespoon margarine or butter
- 1 tablespoon all-purpose flour
- 1/2 cup NESTLÉ® CARNATION® Evaporated Milk
- 1/2 cup (2 oz.) cheddar cheese, shredded
- 1 can (4 oz.) sliced mushrooms, drained

### Directions

**PLACE** cauliflower, broccoli and water in large saucepan. Bring to a boil. Reduce heat to low; cover. Cook for 12 to 15 minutes or until vegetables are crisp-tender. Drain; remove vegetables from saucepan.

**MELT** margarine in same saucepan over medium heat. Stir in flour. Add evaporated milk; cook, stirring constantly, until mixture comes to a boil and is thickened. Add cheese; stir until melted. Stir in mushrooms; remove from heat. Stir in cauliflower and broccoli.

## Shopping List

Recipe: Vegetable Florets with Cheddar Sauce

- 6 oz. cauliflower florets
- 6 oz. broccoli florets
- Butter or margarine
- All-purpose flour
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
- 1 pkg. shredded cheddar cheese
- 1 4-oz. can sliced mushrooms



# Wednesday: Weeknight Wow



## Baked Potato Casserole

**Prep:** 15 min  
**Cooking:** 55 min  
**Yields:** 6 servings

Celebrate mid-week with a creamy comfort food treat, made with Evaporated Milk, mashed potatoes, cheddar cheese and turkey bacon.

**DID YOU KNOW?**  
Evaporated Milk helps give a light and airy texture to whipped potatoes.

### Ingredients

- 8 medium potatoes (about 2 1/2 to 3 lb. total), peeled and cut into 1-inch chunks
- 1 cup NESTLÉ® CARNATION® Evaporated Lowfat 2% Milk
- 1/2 cup light sour cream
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 cups (8-oz. pkg.) shredded 2% cheddar cheese, divided
- 6 slices turkey bacon, cooked and crumbled, divided
- Sliced green onions (optional)

### Directions

**PLACE** potatoes in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until tender; drain.

**PREHEAT** oven to 350° F. Grease 2 1/2- to 3-quart casserole dish.

**RETURN** potatoes to saucepan; add evaporated milk, sour cream, salt and pepper. Beat with hand-held mixer until smooth. Stir in 1 1/2 cups cheese and half of bacon. Spoon mixture into prepared casserole dish.

**BAKE** for 20 to 25 minutes or until heated through. Top with remaining 1/2 cup cheese, remaining bacon and green onions. Bake for an additional 3 minutes or until cheese is melted.

## Shopping List

Recipe: Top of the Stove Mac & Cheese

- 8 medium potatoes
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Lowfat Evaporated Milk
- light sour cream
- 8-oz. package shredded cheddar cheese
- 1 pkg. turkey bacon
- 1 bunch green onions (opt.)



# Thursday: “Thanks, Mom!”



## Creamy Pesto Garden Pasta

**Prep:** 10 min  
**Cooking:** 15 min  
**Yields:** 10 servings

Pasta, veggies and ham in a creamy pesto cheese sauce will make this easy-to-prepare dish a surefire winner with the family.

**DID YOU KNOW?**  
The milk solids in Evaporated Milk will help thicken sauces and soups, giving them velvety mouth-feel.

### Ingredients

- 1 box (12 oz.) dry tri-color rotini or spiral shaped pasta
- 1 bag (16 oz.) frozen broccoli, cauliflower and carrot medley
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
- 2 cups (8-oz. pkg.) shredded Italian cheese blend or Monterey Jack cheese
- 3 tablespoons jarred or refrigerated pesto with basil
- 1/4 teaspoon ground black pepper
- 2 cups (8 oz.) cooked ham, cut into 1/2-inch pieces

### Directions

**PREHEAT** oven to 350° F.

**COOK** pasta according to package directions, adding frozen vegetables to boiling pasta water for last 2 minutes of cooking time; drain. Return pasta and vegetables to cooking pot.

**MEANWHILE, COMBINE** evaporated milk, cheese, pesto and black pepper in medium saucepan. Cook over medium low heat, stirring occasionally, until cheese is melted. Remove from heat.

**POUR** cheese sauce over pasta and vegetables. Add ham; stir until combined.

## Shopping List

Recipe: Creamy Pesto Garden Pasta

- 1 box (12 oz.) dry tri-color rotini or spiral shaped pasta
- 1 bag (16 oz.) frozen broccoli, cauliflower and carrot medley
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk
- 1 8-oz. pkg. shredded Italian cheese blend or Monterey Jack cheese
- Jarred or refrigerated pesto with basil
- 8 oz. cooked ham



# Friday: Dine Out, In!



## Simple Risotto with Peas and Parmesan

**Prep:** 10 min  
**Cooking:** 30 min  
**Yields:** 9 (½ cup each)

Evaporated milk and grated Parmesan cheese combine rice and peas to make a rich, elegant side that tastes like it came from your favorite bistro.

**DID YOU KNOW?**  
Unlike regular milk, Evaporated Milk prevents curdling, so your sauces stay smooth and creamy.

### Ingredients

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 cup uncooked arborio rice
- 2 cups chicken broth or stock
- 1 cup NESTLÉ® CARNATION® Evaporated Lowfat 2% Milk
- 1/2 cup frozen peas, thawed
- 1/4 to 1/2 teaspoon lemon zest (optional)
- Salt and ground black pepper to taste
- 1/4 cup (about 1 oz.) finely shredded Parmesan cheese

### Directions

**HEAT** oil in medium, nonstick saucepan over medium-high heat. Add onion; cook, stirring occasionally, for about 3 minutes or until onion is tender. Stir in garlic and cook until aroma is released (do not brown). Stir in rice; cook, stirring frequently, for 1 minute.

**STIR** in broth and evaporated milk. Reduce heat to medium. Cook, stirring frequently, for 20 to 25 minutes or until rice is tender but firm to the bite (mixture will be creamy and more stirring will be needed as it becomes thicker). Remove from heat; stir in peas and lemon zest, if desired. Season with salt and pepper to taste. Serve immediately with Parmesan cheese.

## Shopping List

Recipe: Simple Risotto with Peas and Parmesan

- Olive oil
- 1 small onion
- Garlic bulb
- 1 pkg. arborio rice
- 1 16-oz. can chicken broth or stock
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Lowfat 2% Milk
- 1 pkg. frozen peas
- 1 lemon (optional)
- 1 oz. Parmesan cheese



# Saturday: Brunch for a Bunch



## Sunrise Sausage Bake

**Prep:** 20 min  
**Cooking:** 45 min  
**Yields:** 12 servings

### DID YOU KNOW?

The milk solids in Evaporated Milk retain water to help your baked recipes stay moist.

Instead of going out for brunch, invite the gang over to your place. This rich and colorful casserole is perfect for preparing ahead of time so you can relax and enjoy breakfast with your guests.

### Ingredients

- 2 cans (12 fl. oz. each) NESTLÉ® CARNATION® Evaporated Milk
- 8 large eggs, beaten
- 1 lb. precooked sausage links, cut into ¼-inch slices
- 2 cups (8-oz. pkg.) shredded cheddar cheese
- 1 cup chopped red and/or green bell pepper
- 2 green onions (green parts only), sliced
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 8 cups 1/2-inch cubed Italian or French bread (about 9 slices)

### Directions

**PREHEAT** oven to 350° F. Grease 13 x 9-inch baking dish.

**COMBINE** milk, eggs, sausage, cheese, red pepper, green onions, onion powder and garlic powder in large bowl. Add bread cubes, stirring gently to moisten bread. Pour mixture into baking dish.

**BAKE** for 45 minutes or until set. Serve warm.

#### TIPS:

- This bake can be assembled ahead of time and refrigerated.
- Let stand at room temperature for 30 minutes before baking.
- Substitute multi-grain bread for Italian or French bread.

## Shopping List

Recipe: Sunrise Sausage Bake

- 2 cans (12 fl. oz. each.) NESTLÉ® CARNATION® Evaporated Milk
- A dozen eggs
- 1 lb. pre-cooked sausage links
- 1 8-oz. pkg. shredded cheddar cheese
- 1 green and/or red bell pepper
- 1 bunch green onions
- Onion powder
- Garlic powder
- 1 loaf Italian or French bread



# Sunday: Family Supper



## Garlic Rosemary Mashed Potatoes

**Prep:** 15 min  
**Cooking:** 20 min  
**Yields:** 6 servings

A rich and satisfying accompaniment to roast chicken, beef or pork, with aromatic rosemary, Evaporated Milk and parmesan.

**DID YOU KNOW?**  
The evaporation process slightly caramelizes the milk sugars, giving Evaporated Milk its richer flavor.

### Ingredients

- 6 medium (about 2 lb.) potatoes, peeled, cut into 1-inch chunks
- 4 cloves large garlic, peeled
- 1/4 cup (1 oz.) freshly grated Parmesan cheese
- 1 tablespoon butter or margarine
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary, crushed
- 2/3 cup (5 fl.-oz. can) NESTLÉ® CARNATION® Evaporated Milk
- 1 salt and ground black pepper to taste

### Directions

**PLACE** potatoes and garlic in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until potatoes are tender; drain.

**RETURN** potatoes and garlic to saucepan. Beat with hand-held mixer until combined. Add cheese, butter and rosemary; beat until smooth. Gradually beat in evaporated milk until fluffy. Season with salt and pepper.

**NOTE:** For a lower-fat version of this recipe, substitute NESTLÉ® CARNATION Evaporated Lowfat Milk for Evaporated Milk.

## Shopping List

Recipe: Garlic Rosemary Mashed Potatoes

- 2 lbs. (about 6 medium) potatoes
- Grated parmesan cheese
- Garlic bulb
- Butter or margarine
- Fresh or dried rosemary, crushed
- 1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Milk

