

Meals from the Heart

Four Cheese Baked Ziti

Servings | 45

Ingredients

6 lbs.	ziti noodles
4 tbsp.	vegetable oil
4	medium onions, diced
14 - 15 oz. cans	crushed tomatoes
2- 28 oz. can	tomato puree
2 tbsp.	Italian seasoning
3 cups	fresh parsley, chopped
1 tsp	black pepper
2 tbsp.	salt
8 cups	cottage cheese
8 cups	shredded mozzarella cheese
4 cups	shredded Swiss cheese
4 cups	shredded Provolone cheese

Directions

- Boil a pot of water with salt and cook ziti according to the directions on the box. 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 four about 10 minutes. Turn off heat.
- Layer the ziti as follows into the cooking pans:
 - sauce
 - ziti
 - 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.



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Meals from the Heart

Seasoned Brussel Sprouts

Servings | 35

Ingredients

10 lbs.	fresh Brussels sprouts
1/2 cup	olive oil
3 T	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.



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Basic Mixed Green Salad

Servings | 30

Ingredients

1 tub	spring mix
2 pints	cherry tomatoes, halved
2	cucumbers, sliced
2 bottles	salad dressing of choice

Directions

- Fill a large serving bowl with salad greens.
- Add tomatoes and cucumbers to salad.
- Serve the dressing on the side.



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Meals from the Heart

Shopping List

Servings | 60

Please use this grocery list to plan for your meal!
We will supply the following ingredients: oil, flour, butter/margarine, salt, pepper, sugar, baking soda/powder, eggs, vinegar (only apple cider and balsamic) and all of the spices found in your recipe.

10 lbs.	fresh Brussels sprouts
4	medium yellow onions
2 bunch	fresh parsley
2 heads	garlic
2	cucumbers
1 large tub	spring mix
2 pint	cherry tomatoes
6 lbs.	ziti noodles
14 - 15 oz. cans	crushed tomatoes
2 - 28 oz. can	tomato puree
1 lb.	provolone cheese
64 oz.	cottage cheese
2 lb.	mozzarella cheese
1 lb.	shredded Swiss cheese



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