



## HAPPY THANKSGIVING

Well it is officially Autumn, although some days it still feels like summer, one of our usual summers that is. All our kitchens are up and running again after our two month hiatus. All our members have returned and we have picked up a new kitchen in Lake Cowichan. September was our free welcome back cook, something that is greatly appreciated especially among families with school age children who have enough added expenses this time of year.

Gina and I spent a day reorganizing our paper and computer files this summer. We began reorganizing the office this summer as well, it is an on going activity, but our space is starting to look much better and I'm actually (maybe slightly) more organized.

Since Thanksgiving is coming I thought I would offer a recipe for using leftover turkey. Since we have few turkey recipes and I'm sure I have used all of them in the past I thought I would use a chicken recipe that can be substituted. I hope you enjoy it.

HEARTY CHICKEN & NOODLE CASSEROLE for FOUR	
1 can Cream of Mushroom Soup*	2 c. Cubed cooked chicken, turkey or tuna
½ c. milk	2 c. Med. Egg Noodles, cooked, drained
¼ tsp. ground black pepper	½ c. Shredded Cheddar Cheese
¼ Cup parmesan cheese	
2-3 Cups frozen mixed vegetables	

1. Stir soup, milk, black pepper, Parmesan cheese, vegetables, chicken and noodles in 1 ½ quart casserole.
2. Bake at 400F for 25 mi. or until hot. Stir.
3. Top with the Cheddar Cheese.

\*Instead of mushroom soup you can use Bechamel Sauce.

Take out soup and ½ of the milk. Melt 3 Tbsp. butter &

½ an onion. Add 3 Tbsp. flour , salt & pepper, 1 crushed clove of garlic and a bay leaf. Add 2 cups milk. Cook until thickened, add to recipe at beginning in place of soup.

## HAPPY HALLOWEEN