

Going Green In The Kitchen



Slow cookers are more energy efficient than the highest-rated Energy Star ovens.

(NAPSA)—If you want a greener, more energy-efficient home, start by considering a change in how you cook.

Slow cook your food. If just 10 percent of American homes replaced one oven-cooked meal per week with a slow cooker meal, the energy saved each year would add up to 900 million kilowatt hours, according to the California Energy Commission. In fact, slow cookers use only about one-fourth the energy that cooking the same dish in an electric oven for one hour would use.

Slow cookers don't heat up your kitchen and help time-pressed families get a meal on the table quickly in the evening. For even more time savings, use a slow cooker liner from Reynolds for quick, easy cleanup.

Here's a tasty slow-cooked breakfast or brunch idea:

Breakfast Casserole

Serves 8

- 1 Reynolds® Slow Cooker Liner**
- 4 cups (about 5 slices) white bread, cubed**
- 1 box (10 oz.) frozen spinach, thawed, squeezed dry**
- ½ pound bacon, cooked and crumbled**
- 2 cups blended shredded cheese, divided**

- 1 small red bell pepper, chopped**
- ¼ cup onion, chopped**
- 1 can (10.75 oz) cream of celery soup**
- 5 eggs**
- ½ cup evaporated milk**
- ½ teaspoon each salt and dry mustard**
- ½ teaspoon pepper**

Place slow cooker liner in 5- to 6½-quart slow cooker bowl. Fit liner snugly in bowl; pull top of liner over rim of bowl.

Mix bread, spinach, bacon, 1½ cups cheese, bell pepper and onion in a large bowl; pour into lined slow cooker bowl. Whisk together remaining ingredients. Pour over bread mixture; stir gently to combine. Place lid on slow cooker. Refrigerate at least 3 hours or overnight.

Cook on low for 6 to 7 hours or on high for 2½ to 3½ hours.

Carefully remove lid. Sprinkle with remaining cheese. Let stand, uncovered, 15 minutes until cheese is melted. Serve casserole directly from lined slow cooker. Do not lift or transport liner with food inside. Cool slow cooker completely; remove liner and toss.

For more recipes and ideas, go to www.slowcookerliners.com.