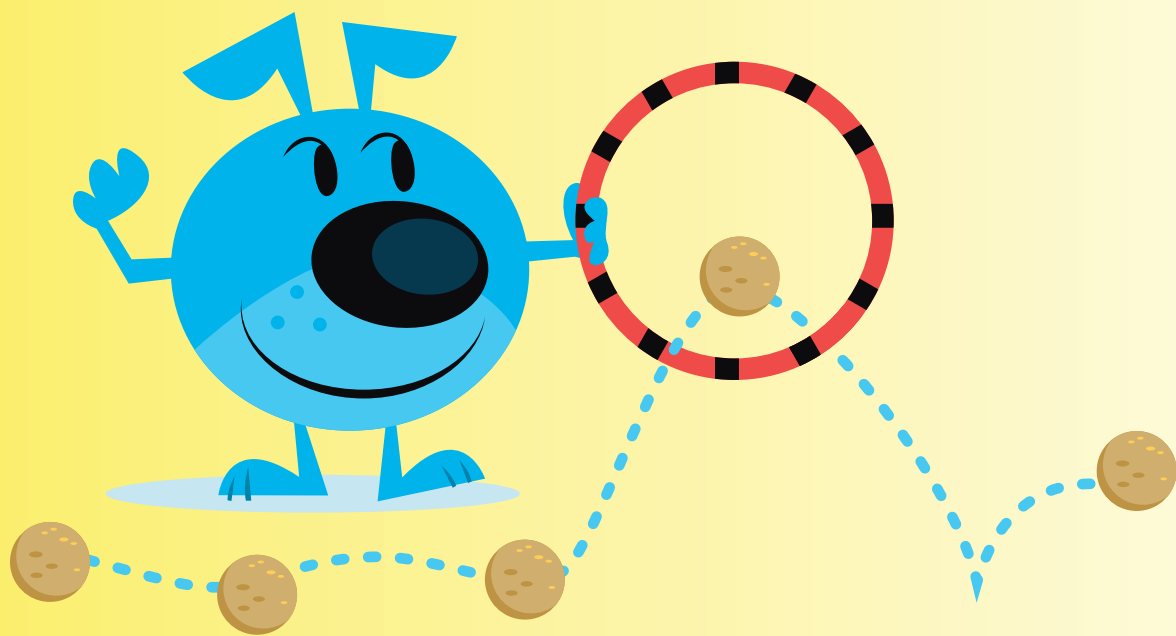


Kibbles and Casseroles

KIBBLE MAY SEEM BORING, BUT FEEDING YOUR DOG KIBBLE IS IMPORTANT. CHEWING HARD, CRUNCHY FOODS HELPS CLEAN TEETH AND PREVENTS TARTAR BUILDUP AND GINGIVITIS, WHEREAS WET FOOD TENDS TO SIT BETWEEN TEETH. YOU DON'T WANT TO OMIT KIBBLE FROM YOUR DOG'S DIET.

MAKING HOMEMADE KIBBLE MAY SOUND DIFFICULT, BUT ONCE YOU'VE TRIED THESE RECIPES, YOU WILL SEE THAT IT'S NOT DIFFICULT AT ALL. THE MAIN THING TO REMEMBER ABOUT MAKING YOUR OWN KIBBLE IS THAT YOU NEED TO LET IT DRY OUT IN THE OVEN IN ORDER TO REMOVE THE MOISTURE AND MAKE THE KIBBLE CRUNCHY. THE DRIER THE KIBBLE BECOMES, THE MORE INTENSE THE FLAVOR IS AND THE LESS CHANCE THERE IS FOR SPOILAGE. HAVING AN 18-X-13-INCH COOKIE SHEET, USUALLY FOUND AT COOKING SUPPLY STORES, MAKES THE PROCESS EASIER, SINCE YOU CAN FIT ALL THE KIBBLE ON ONE SHEET. YOU CAN ALSO USE A LARGE PIZZA PAN WITH HOLES IN THE BOTTOM.

I LOVE CASSEROLES BECAUSE THEY ARE EASILY FILLED WITH HEALTHY INGREDIENTS, THEY WILL KEEP IN THE REFRIGERATOR FOR UP TO 5 DAYS, AND THEY FREEZE BEAUTIFULLY. I TAKE SINGLE-SERVING PORTIONS, SEAL THEM IN VACUUM-SEALED FOOD STORAGE BAGS, AND STORE THEM IN THE FREEZER. WHEN IT COMES TIME TO DEFROST, I SIMPLY PUT A PORTION IN THE FRIDGE THE NIGHT BEFORE, AND WHEN READY TO SERVE I PLACE THE BAG IN WARM WATER TO BRING THE MEAL TO ROOM TEMPERATURE. YOU DO NOT WANT TO MICROWAVE YOUR PET'S FOOD. IT CAN BECOME WAY TOO HOT FOR THEM, AND IT DESTROYS SOME OF THE VITAMINS AND MINERALS YOU HAVE WORKED SO HARD TO INCLUDE.



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Kaptin's Krunchy Kibble

 Makes 20 to 30 servings 

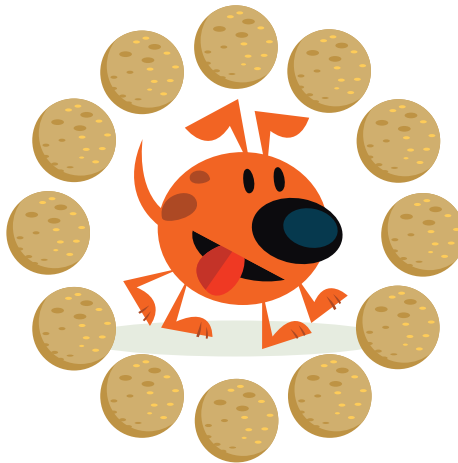
This is my basic kibble recipe. I keep the first 8 cups in a sealed container in the refrigerator and freeze the rest in vacuum-sealed food storage bags. With the vacuum-sealed food storage system, you can take out only what you need and then reseal the bag. The kibble will keep in an airtight container for 2 weeks in the refrigerator or 3 months in the freezer.

4 cups whole wheat flour
2 cups rye flour
2 cups nonfat milk powder
2 teaspoons bone meal
1 cup plain wheat germ
 $\frac{1}{2}$ cup chopped fresh parsley, or $2\frac{1}{2}$ tablespoons parsley flakes
1 teaspoon kosher salt
4 eggs
1 cup safflower, olive, or corn oil
4 tablespoons Worcestershire sauce
3 cups water
4 cups cooked ground beef, pork, lamb, duck, chicken, or turkey
2 cups cooked and puréed sweet potatoes
 $1\frac{1}{2}$ cups chopped dried apples
2 cups frozen chopped spinach, thawed and drained

1. Preheat the oven to 300 degrees. Spray two large cookie sheets with nonstick cooking spray.
2. In a large mixing bowl, combine the flours, milk powder, bone meal, wheat germ, parsley, and salt.
3. Beat the eggs and blend them with the oil in a smaller mixing bowl. Add the Worcestershire sauce.

4. Add the water to the flour mixture and mix well.
5. Fold in the egg mixture and combine it all evenly.
6. Add the meat, sweet potatoes, dried apples, and spinach and press them into the dough.
7. Spread the dough on the cookie sheets, making it very flat and thin. Use a knife to cut it into small squares.
8. Bake for 45 minutes to 1 hour or until the kibble is golden brown and not doughy when you break a piece open. During the baking process, take a wooden spoon or spatula and move the kibble around on the cookie sheet so that it bakes evenly. Then turn off your oven, keeping the door closed, and let it dry out in the off oven for at least 4 to 6 hours or overnight.
9. When you remove your kibble from the oven, it will still be slightly warm and moist. Let it sit on cooling racks for another hour or two until it is completely dry and cool.

Variations: Here are some other ingredients I like to add for flavor and nutrients: alfalfa leaf, barley, basil leaf, beets, broccoli, brown rice, carrots, flaxseed meal, green beans, kamut, nutritional yeast flakes, peas, potatoes, rolled oats, rosemary leaf, and zucchini.



Pumpkin and Veggie Kibble

 Makes 20 to 30 servings 

Pumpkin is one of my boys' favorite veggies, and I have the late Governor to thank. A few years back, while I was working on another cookbook, Governor was my main taste tester. When the book was finished, I took him for his yearly shots and found out that he had put on a few too many pounds. (This is why I now spread the job among friends and family members, and of course my three dogs.) My vet suggested adding plain pumpkin to Govey's meals and offering it as a snack. Pumpkin is loaded with fiber, is low in calories, and has lots of beta carotene and vitamin A. It's also naturally sweet, which dogs love. Within a few months, and with a few extra walks, Govey was back to his regular weight. This kibble will keep for 2 weeks in the refrigerator or 3 months in the freezer in an airtight container.

4 cups whole wheat flour
2 cups rye flour
2 cups nonfat milk powder
 $\frac{1}{2}$ cup rolled oats
2 teaspoons bone meal
1 cup plain wheat germ
1 teaspoon kosher salt
 $\frac{1}{2}$ cup chopped fresh parsley, or $2\frac{1}{2}$ tablespoons parsley flakes
4 eggs
1 cup safflower, olive, or corn oil
1 cup molasses
4 tablespoons Worcestershire sauce
3 cups water
4 cups ground chicken, cooked and then puréed
2 cups canned pumpkin
2 cups frozen chopped spinach, thawed and drained
1 cup dried apples, crushed
 $1\frac{1}{2}$ cups dried veggies (a mixture is fine—use what you can find)

1. Preheat the oven to 300 degrees. Spray two large cookie sheets with nonstick cooking spray.
2. In a large mixing bowl, combine the flours, milk powder, rolled oats, bone meal, wheat germ, salt, and parsley.
3. In a smaller mixing bowl, beat the eggs. Blend in the oil, molasses, and Worcestershire sauce.
4. Add the water to the flour mixture and mix well.
5. Fold in the egg mixture and combine it all evenly.
6. Add the chicken, pumpkin, spinach, dried apples, and dried veggies and press into the dough.
7. Spread the dough on the cookie sheets, making it very flat and thin. Use a knife to cut the dough into small squares.
8. Bake for 45 minutes to 1 hour or until the kibble is golden brown and not doughy when you break a piece open. During the baking process, take a wooden spoon or spatula and move the kibble around on the cookie sheet so that it bakes evenly. Then turn off your oven, keeping the door closed, and let it dry out in the off oven for at least 4 to 6 hours or overnight.
9. When you remove your kibble from the oven, it will still be slightly warm and moist. Let it sit on cooling racks for another hour or two until it is completely dry and cool. Once dry, break the kibble into pieces.

DR. KEVIN SAYS

Sweet, easily digestible pumpkin is a great source of insoluble fiber. Adding a tablespoon or two to your pet's food can help minimize gas and diarrhea.

Lamb Kibble

 Makes 20 to 30 servings 

In the United States, lamb was originally introduced as a substitute for beef or chicken, often combined with rice, for dogs with allergies. The use of a previously unfed protein is how veterinarians typically determine the presence of a food allergy. Lamb is no longer effective in isolating food allergies in dogs because it is now found in most commercial dog foods. Today we have lamb, fish, duck, sweet potato, and several other interesting foods to choose from when feeding our pets. Here is a homemade lamb kibble recipe that your dog is sure to love! It will keep for 2 weeks in the refrigerator or 3 months in the freezer in an airtight container.

- 4 cups whole wheat flour
- 2 cups rye flour
- 2 cups nonfat milk powder
- ½ cup rolled oats
- 2 teaspoons bone meal
- 1 cup plain wheat germ
- 1 teaspoon kosher salt
- ½ cup chopped fresh parsley, or 2½ tablespoons parsley flakes
- 4 eggs
- 1 cup safflower, olive, or corn oil
- 4 tablespoons Worcestershire sauce
- 3 cups water
- 4 cups ground lamb, cooked and then puréed well
- 2 cups cooked and puréed sweet potatoes
- 2 cups frozen chopped spinach, thawed and drained

1. Preheat the oven to 300 degrees. Spray a large baking pan with nonstick cooking spray.
2. In a large mixing bowl, combine the flours, milk powder, rolled oats, bone meal, wheat germ, salt, and parsley.
3. Beat the eggs and blend them with the oil in a smaller mixing bowl. Add the Worcestershire sauce.
4. Add the water to the flour mixture and mix well.
5. Fold in the egg mixture and combine evenly.
6. Add the lamb, sweet potatoes, and spinach and press into the dough.
7. Spread the dough in the baking pan, making it very flat and thin. Use a knife to cut it into small squares.
8. Bake for 45 minutes to 1 hour or until the kibble is golden brown and not doughy when you break a piece open. During the baking process, take a wooden spoon or spatula and move the kibble around on the baking pan so that it bakes evenly. Then turn off the oven, keeping the door closed, and let it dry out in the off oven for at least 4 to 6 hours or overnight.
9. When you remove your kibble from the oven, it will still be slightly warm and moist. Let it sit on cooling racks for another hour or two until it is completely dry and cool. Once dry, break the kibble into pieces.

KIBBLE TIPS

When making homemade kibble, you can roll out the dough if you want to, but I use a big spatula and make it as flat as I can on a very large cookie sheet. Then I use a knife to score it into little squares—or I make fun shapes with very small cookie cutters. Kibble makes a great welcome-home gift for a friend.

Cordon Bleu with a Simple Twist

 Makes 8 to 10 servings 

When I was in cooking school, Chicken Cordon Bleu was one of our first test recipes, and it always stuck with me. Here is my version for dogs. At holiday time, I find that I have a lot of leftover meat, so this is how I use it. This recipe will keep for 3 days in the refrigerator or 2 months in the freezer.

- 1 pound baked ham, cooked and ground
- 1 pound ground chicken (grind leftover cooked chicken or start with fresh ground chicken)
- $\frac{3}{4}$ cup sweet potatoes, parboiled and then cubed
- $\frac{3}{4}$ cup canned plain pumpkin
- 1 cup cooked brown rice
- 1 cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup corn
- 2 tablespoons plain wheat germ
- 1 tablespoon brewer's yeast
- 3 tablespoons chopped fresh parsley, or 1 tablespoon parsley flakes
- 3 eggs, beaten
- $1\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup Parmesan cheese

1. Preheat the oven to 350 degrees. Spray a ring mold, loaf pan, or baking dish with non-stick cooking spray.
2. In a large mixing bowl, combine the ham, chicken, sweet potatoes, pumpkin, rice, Monterey Jack cheese, corn, wheat germ, brewer's yeast, and parsley.

3. Mix the eggs with the milk and pour over the meat mixture. Sprinkle with Parmesan cheese.
4. Bake for 1 hour or until the Parmesan cheese is melted and golden brown and a knife inserted into the center comes out clean. The casserole should hold its shape without jiggling; the egg and milk mixture bakes everything together almost like a custard. Let cool and serve.



DR. KEVIN SAYS

Soft cheeses, such as cream cheese, are a great way to help hide pills or other oral medications. Because the soft cheese sticks to the medication, it becomes harder for your pet to separate the pill from the cheese, and he is less likely to spit it out.

Tasty Tuna Casserole

 **Makes 4 servings** 

When it comes to tuna, the dog does not come to mind first. But just like cats, many dogs love tuna. Tuna is a great source of protein, B vitamins, omega-3 fatty acids, and several minerals, like potassium, selenium, and magnesium. In Japan, tuna and other fishes are the most popular main source of protein. This casserole will keep for 3 days in the refrigerator or 2 months in the freezer in an airtight container.

8-ounce package uncooked noodles

9-ounce can tuna in oil, drained

¼ cup chopped fresh parsley, or 1½ tablespoons parsley flakes

1 tablespoon brewer's yeast

3½ tablespoons butter

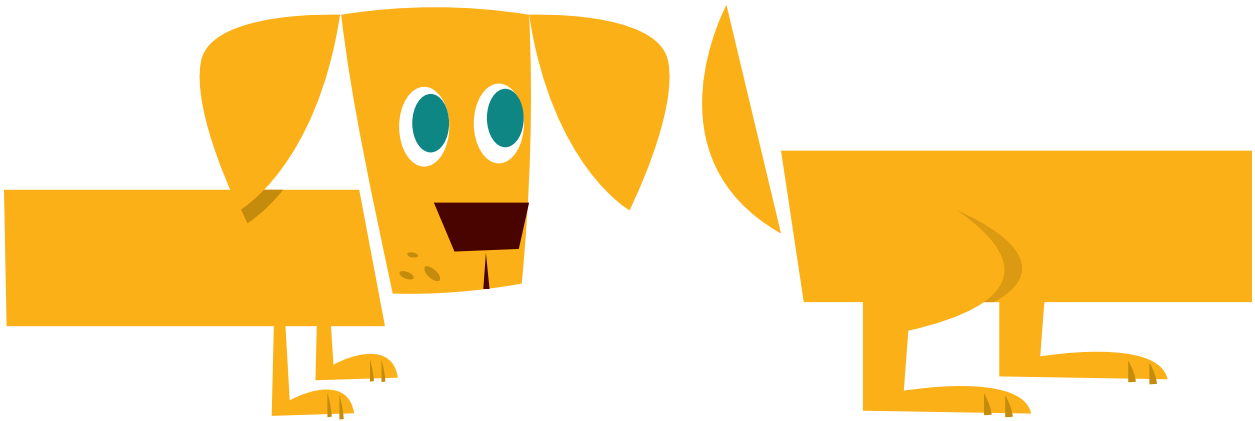
3 tablespoons flour

2 to 2½ cups milk

½ cup grated Parmesan cheese

- 1.** Preheat the oven to 350 degrees. Spray an 8-inch casserole dish with nonstick cooking spray.
- 2.** Cook the noodles until tender, following package directions. Drain and place in the casserole dish.
- 3.** Add the drained tuna, parsley, and brewer's yeast and mix slightly.
- 4.** Use the remainder of the ingredients to make a white sauce. In a saucepan over medium heat, melt the butter and then whisk in the flour. Slowly whisk in about ¼ cup of the milk. When the sauce gets thick again, add more milk. Repeat until you have the consistency of a smooth gravy. If you are at a high altitude, you may need the extra ½ cup milk to thin the sauce.

5. Add the Parmesan cheese and stir until the sauce thickens further, but is still pourable.
6. Pour the sauce over the noodles and tuna. Bake for 30 to 40 minutes or until a knife inserted into the center comes out clean. Let cool and serve.



PASTA TIPS

When cooking the pasta for this casserole, be sure to drain it very well. If you have cooked too much pasta for your recipe, you can store the leftovers in the refrigerator for 2 days or freeze them for up to a month.

DR. KEVIN SAYS

When choosing canned tuna, look for tuna packed in oil rather than water. It's moister, tastes better, and will provide your pet with additional healthy fats that are necessary in his diet.

Bandit's Beef Casserole

 **Makes 6 servings** 

My good friend and dog trainer, Mary E. Disney (yes, a real Disney, second cousin once removed, as she always replies when asked) has a dog named Bandit who is one of the funniest dogs I know. Bandit is an Australian Sheepdog who doesn't go anywhere without his red bandana. I named this casserole in honor of Mary Disney and her little bandito, who ate this entire casserole in one sitting when Mary tested this recipe. I guess it got his seal of approval. You can store this casserole for 4 days in the refrigerator or 2 months in the freezer in an airtight container.

1 pound lean ground beef, cooked and drained
8-ounce can corn, drained
16-ounce can sliced carrots, drained, or 1 pound fresh carrots, cooked and sliced
8-ounce can condensed tomato soup
1 cup shredded Monterey Jack cheese
¼ cup chopped fresh parsley, or 1½ tablespoons parsley flakes
1 tablespoon plain wheat germ
½ teaspoon brewer's yeast
¼ cup grated Parmesan cheese

- 1.** Preheat the oven to 350 degrees. Spray 12-inch casserole dish with nonstick cooking spray.
- 2.** Mix together all the ingredients except for the Parmesan cheese and place in the casserole dish. Sprinkle the Parmesan cheese on top.
- 3.** Bake for approximately 25 minutes or until a knife inserted into the center comes out clean. Let cool and serve.

FEEDING TIPS

Most dogs eat twice a day. However, this can vary. Puppies are usually fed three times a day—morning, noon, and night—until they are 6 months old. Some adult dogs are fed only once a day, and others have access to a constant supply of food and can eat whenever they are hungry (known as *free-feeding*). I suggest feeding twice a day. The problem with feeding once a day or free-feeding is that you are not able to monitor what your dog is eating as well. If you feed twice a day, you are less apt to end up with an overweight dog, and because he is eating more often, he is less likely to raid your garbage can out of hunger. I also suggest putting the food bowl down for 20 to 30 minutes and picking it up after that if your dog hasn't eaten. Not only does he get put on a schedule, but he is less apt to become a picky eater.

If possible, serve food and water to your pets in stainless-steel bowls, which are virtually break-proof, dishwasher safe, and easy to keep clean. I am not a fan of glass or ceramic bowls for this simple reason: Glass and ceramic can chip, get into your pet's intestines, and cause a big problem. And plastic bowls can release toxins into food and water that sit in them all day.

Remember, too, that fresh water should be made available to your pet 24 hours a day.



Ham Upside-Down Casserole

 **Makes 4 servings** 

While driving across country with my three friends after graduating high school, we spent two wonderful days in Pennsylvania Dutch country, where they have wonderful farmers' markets. I was so taken by the handmade quilts, the fresh flowers and produce, and the foods that were for sale: preserves, dressings, meats, baked goods, and puddings. I had never seen or tasted many of the items before. I loved the Ham Upside-Down Casserole. Here's my version. My boys love ham, so I use leftovers to make this fun recipe and always keep some in the freezer. This casserole can be refrigerated for 4 days or frozen for 3 months in an airtight container.

1½ cups cubed cooked ham
1 cup lima beans, cooked and drained
8-ounce can cream-style corn
1 cup (4 ounces) shredded sharp Cheddar cheese
1 teaspoon Worcestershire sauce
¼ cup chopped fresh parsley, or 1½ tablespoons parsley flakes
2 tablespoons butter
⅔ cup flour
⅔ cup cornmeal
2 tablespoons plain wheat germ
1 egg
¼ cup milk
fresh parsley for garnish (optional)

1. Preheat the oven to 400 degrees. Spray an 8-inch casserole dish with nonstick cooking spray.
2. In a large mixing bowl, combine the ham, lima beans, corn, cheese, Worcestershire sauce, and parsley.

3. Turn the mixture into the prepared casserole dish, cover, and bake for 15 minutes.
4. In a smaller mixing bowl, combine the remaining ingredients. Spoon over the hot meat mixture, spreading the batter evenly to the edges.
5. Bake for 20 minutes or until golden brown and cooked through. A knife inserted into the center should come out clean. Let cool, cut into wedges, and invert each wedge onto a plate. If you have fresh parsley on hand, use it for garnish.



HAM LEFTOVERS

When I cook a whole ham, I always freeze the leftover meat and the ham bone. With the bone, you can make many great broths and soups—see Chapter 2 for soup recipes for dogs and Chapter 6 for soup recipes for cats.