



SPAGHETTI PIE

Advanced Lifestyle

Ingredients

6 ounces uncooked spaghetti	1/2 TSP garlic powder
1 pound lean ground beef (90% lean)	1/4 TSP pepper
1/2 cup finely chopped onion	1/4 TSP sugar
1/4 cup chopped green pepper	2 large egg whites, lightly beaten
1 cup undrained canned diced tomatoes	1 TBS butter, melted
1 can (6 ounces) tomato paste	1/4 cup grated Parmesan cheese
1 TSP dried oregano	1 cup (8 ounces) fat-free cottage cheese
3/4 TSP salt	1/2 cup shredded part-skim Mozzarella cheese

Instructions

1. Preheat oven to 350°. Cook spaghetti according to package directions for al dente; drain.
2. In a large skillet, cook beef, onion and green pepper over medium heat 5-7 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in tomatoes, tomato paste, seasonings and sugar.
3. In a large bowl, whisk egg whites, melted butter and Parmesan cheese until blended. Add spaghetti and toss to coat. Press spaghetti mixture onto bottom and up sides of a 9-in. deep-dish pie plate coated with cooking spray, forming a crust.
4. Spread cottage cheese onto bottom; top with beef mixture.
5. Bake, uncovered, 20 minutes. Sprinkle with mozzarella cheese. Bake 5-10 minutes longer or until heated through. Let stand 5 minutes before serving. Yield: 6 servings. .

Portion-Per-Serving Information (Yields 6 servings)

1 Serving = 1/6 of the spaghetti pie = 1/2 P, 2 V, 1 G