



SPAGHETTI PIE

Advanced Lifestyle

INGREDIENTS

6 ounces uncooked spaghetti	1/2 TSP garlic powder
1 pound lean ground beef (80% 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) low- or fat-free cottage cheese
3/4 TSP salt	1/2 cup shredded part-skim Mozzarella cheese

INSTRUCTIONS

—Preheat oven to 350°. Cook spaghetti according to package directions for al dente; drain.

—In large skillet, cook beef, onion and green pepper over medium heat 5-7 minutes or until beef no longer pink, breaking up beef into crumbles; drain. Stir in tomatoes, tomato paste, seasonings, sugar.

—In 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.

—Spread cottage cheese onto bottom; top with beef mixture.

—Bake, uncovered, 20 minutes. Sprinkle with mozzarella cheese. Bake 5-10 minutes longer or until heated through. Let stand 5 minutes before serving.

SERVING INFO: (Serves 4)

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

See photo of recipe at [Instagram](#) and [Facebook](#).