



Spaghetti Pie

6 servings

Add a fruit salad or dessert, and this recipe provides the basis for a MyPlate meal: Protein, Grain, Vegetable, and Dairy food groups.

- 6 ounces spaghetti, uncooked
- 1 pound lean ground beef
- 2 cups spaghetti sauce
- 2 Tablespoons margarine
- 2 eggs, beaten
- ¹/₂ cup Parmesan cheese, grated
- 1 cup non-fat cottage cheese
- 1 cup Mozzarella cheese, shredded



- 1. Wash hands with soap and water.
- 2. Preheat oven to 350 °F. Spray a 9-inch pie plate with non-stick cooking spray. Set aside.
- 3. Cook spaghetti following package directions.
- 4. While spaghetti is cooking, brown ground beef until internal temperature reaches 160 °F on food thermometer. Drain fat. Add spaghetti sauce to ground beef and mix well.
- 5. Drain spaghetti when done. Break eggs into a shallow dish. Wash hands with soap and water after cracking raw eggs. Stir margarine, eggs, and Parmesan cheese into spaghetti. Mix well. Form a crust in the prepared pie plate using the spaghetti mixture.
- 6. Spread cottage cheese over spaghetti crust. Top with hamburger mixture.
- 7. Bake for 20 minutes. Sprinkle Mozzarella cheese on top. Bake 5 minutes longer or until cheese is melted.
- 8. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/6 of recipe) Calories 450, Total Fat 20g, Saturated Fat 8g, Cholesterol 130mg, Sodium 710mg, Total Carbohydrate 30g, Dietary Fiber 2g, Sugars 2g, Protein 36g, Vitamin A 15%, Vitamin C 10%, Calcium 30%, Iron 15%.

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