

Beef

Layered Beef-Noodle Bake

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 5 minutes

2 1/2 cups (4 oz) mini lasagna noodles (mafalda), uncooked

1 pound lean ground beef or lean ground turkey

1 jar (14 to 15 oz) tomato pasta sauce

1 container (8 oz) chives-and-onion cream cheese

1/2 cup reduced-fat sour cream

3 tablespoons milk

1 box (9 oz) frozen spinach, thawed and squeezed to drain

1/4 cup Parmesan cheese, shredded and grated

Preheat oven to 350 degrees.

Spray a 11x7-inch glass baking dish with cooking spray.

Cook the noodles as directed on the package, using minimum cook time. Drain and rinse with hot water.

In a 10-inch skillet, cook the beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked. drain skillet.

Stir in the pasta sauce and cooked noodles.

in a medium bowl, beat the cream cheese, sour cream and milk with a spoon until smooth.

Spoon half of the noodle mixture into the baking dish. Top evenly with the cheese mixture. Spoon the spinach evenly over the cheese mixture. Top with the remaining noodle mixture.

Cover the dish with foil.

Bake for 35 minutes.

Uncover. Sprinkle with Parmesan cheese.

Bake about 5 minutes longer or until hot.

Cut into six squares.

Per Serving (excluding unknown items): 26 Calories; 1g Fat (43.5% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 85mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat.