

Beef

Noodle Casserole

Family Circle Magazine

Servings: 6

Preparation Time: 10 minutes

Bake Time: 30 minutes

1 bag (12 oz) whole-wheat wide noodles (Healthy Harvest)
1 pound lean ground beef
1 jar (15 oz) refrigerated marinara sauce
1 pkg (16 oz) 2% cottage cheese
1 pkg (10 oz) frozen chopped spinach, thawed and squeezed dry
2 cups shredded cheddar cheese
1 large egg
3 scallions, chopped
1/4 teaspoon salt
1/4 teaspoon black pepper

Preheat oven to 350 degrees. Coat a deep 2-quart casserole dish with nonstick cooking spray.

Bring a large pot of salted water to boiling. Add noodles and cook five minutes. Drain.

Crumble beef into empty pasta pot. Cook over medium-high heat for five minutes, until no longer pink. Drain off excess fat. Remove from heat and stir in marinara sauce.

In a large bowl, combine noodles, cottage cheese, spinach, 3/4 cup of the cheddar cheese, egg, scallions, salt and pepper.

Transfer noodle mixture to prepared dish. Top with beef and sprinkle with remaining cheese. Bake for thirty minutes. Cool slightly before serving.

Per Serving (excluding unknown items): 385 Calories; 29g Fat (68.4% calories from fat); 26g Protein; 4g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 426mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.