

3-A-Day™ of Dairy

CHEESEBURGER MACARONI CASSEROLE

*Recipe created by Chef Ina Pinkney,
chef/owner of Ina's, Chicago,
on behalf of 3-A-Day™ of Dairy*

Makes 4 servings

Prep time: 20 minutes

Cook time: 35 minutes



Ingredients:

- 1 pound lean ground beef
- ½ cup chopped onion
- 1 cup uncooked whole wheat elbow macaroni (or whole wheat penne or rotini pasta)
- 1 medium tomato, chopped
- 1 (8-ounce) can tomato sauce
- ½ teaspoon seasoned salt, optional
- ⅛ teaspoon pepper
- 1 cup shredded reduced-fat Cheddar cheese

Preheat oven to 350° F. Spray an 8x8-inch baking pan with nonstick cooking spray; set aside. In a large skillet over medium heat, cook ground beef and onion until beef is browned and onion is soft; drain.

Cook macaroni according to package directions, omitting salt; drain. Spoon the macaroni into the prepared pan. Spread the beef mixture and chopped tomato over macaroni. Pour tomato sauce over beef and sprinkle with seasoned salt, if desired, and pepper.

Sprinkle with cheese and cover loosely with foil; bake 35 minutes or until cheese is melted and edges of casserole are bubbling.

Nutritional Facts per serving:

Calories	340
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	75 mg
Sodium	650 mg
Calcium	30% Daily Value
Protein	36 g
Carbohydrates	28 g
Dietary Fiber	4 g