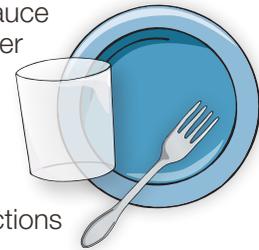




pizza casserole

Use your favorite shaped noodles -
fusilli, rigatoni, penne, wagon wheels or macaroni.

- | | |
|------------------------------------|--------------------------------|
| ½ pound lean ground beef or turkey | ½ cup grated mozzarella cheese |
| 12 ounces whole grain noodles | 24 ounces spaghetti sauce |
| 1 cup light ricotta cheese | salt and black pepper |
| 1 egg | |



- step 1** Shape ground meat into small meatballs. Place in a skillet over medium high heat. Season with salt and black pepper. Cook meatballs until brown, about 4 minutes. Remove from heat.
- step 2** Boil the noodles in a large pot of water according to the directions on the box. Drain the water off the noodles.
- step 3** Combine the cooked noodles, meatballs and spaghetti sauce together. Combine ricotta cheese, egg and mozzarella cheese together in a separate bowl.
- step 4** Spoon half of the noodle mixture into a casserole dish. Layer on the cheese mixture. Top with the rest of the noodle mixture.
- step 5** Cover and bake in a 375° oven for 20 minutes. Remove the cover and bake for another 10 minutes.

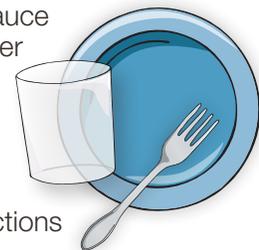
Nutrition MattersTM - www.numatters.com
This tipsheet can be reproduced for educational purposes.



pizza casserole

Use your favorite shaped noodles -
fusilli, rigatoni, penne, wagon wheels or macaroni.

- | | |
|------------------------------------|--------------------------------|
| ½ pound lean ground beef or turkey | ½ cup grated mozzarella cheese |
| 12 ounces whole grain noodles | 24 ounces spaghetti sauce |
| 1 cup light ricotta cheese | salt and black pepper |
| 1 egg | |



- step 1** Shape ground meat into small meatballs. Place in a skillet over medium high heat. Season with salt and black pepper. Cook meatballs until brown, about 4 minutes. Remove from heat.
- step 2** Boil the noodles in a large pot of water according to the directions on the box. Drain the water off the noodles.
- step 3** Combine the cooked noodles, meatballs and spaghetti sauce together. Combine ricotta cheese, egg and mozzarella cheese together in a separate bowl.
- step 4** Spoon half of the noodle mixture into a casserole dish. Layer on the cheese mixture. Top with the rest of the noodle mixture.
- step 5** Cover and bake in a 375° oven for 20 minutes. Remove the cover and bake for another 10 minutes.

Nutrition MattersTM - www.numatters.com
This tipsheet can be reproduced for educational purposes.