

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 degrees. 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.

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%.