

CHEESEBURGER MAC

Gluten Free, Higher Fiber

Serves: 4 (Serving= 1 1/2 cup)

Nutrition (per serving)

Calories: 384

Total Fat: 13 g

Saturated Fat: 6 g

Sodium: 529 mg

Total Carbohydrate: 37 g

Dietary Fiber: 5 g

Protein: 31 g

Ingredients

- 1 1/2 cups uncooked whole wheat macaroni (choose gluten free pasta for GF version)
- 1/2 pound 96% lean/4% fat ground beef
- 1/2 cup onion, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 teaspoon ground mustard
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper

- 1 cup shredded reduced fat cheddar cheese
- 1/2 cup shredded low moisture, part skim mozzarella cheese
- 1/2 cup tomato, chopped
- 1/3 cup pickles, chopped
- 3 Tablespoons non-fat Greek yogurt
- Cooking spray



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Directions

1. Preheat oven to 375 degrees.
2. Bring a large pot of water to a boil. Add macaroni and cook until tender. Drain.
3. Meanwhile, cook ground beef, onion, and bell pepper on medium high heat in sauté pan until meat is no longer pink and onion and pepper have softened (5-7 minutes).
4. In large mixing bowl, combine macaroni, ground beef and vegetables with remaining ingredients. Mix well and pour into sprayed 8 x 8 inch baking dish.
5. Bake for 20 minutes. Garnish with ketchup.