



## Italian Hot Dish

**TOTAL TIME:** Prep: 30 min. Bake: 40 min.

**YIELD:** 4 servings.

*My husband had a poor perception of healthy food until he tried this beefy casserole. The combination of pasta, oregano, mushrooms and green peppers makes it a favorite healthy pasta recipe in our house. —Theresa Smith, Sheboygan, Wisconsin*

## Ingredients

1-1/2 cups uncooked multigrain bow tie pasta (about 4 ounces)

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1 pound lean ground beef (90% lean)

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1 cup sliced fresh mushrooms, divided

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1/2 cup chopped onion

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1/2 cup chopped green pepper

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1 teaspoon dried oregano

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1/2 teaspoon garlic powder

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1/4 teaspoon onion powder

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1/8 teaspoon pepper

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1 can (15 ounces) tomato sauce

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1/2 cup shredded part-skim mozzarella cheese, divided

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2 tablespoons grated Parmesan cheese, divided

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# Directions

1. Preheat oven to 350°. Cook pasta according to package directions for al dente; drain.
2. Meanwhile, in a large skillet coated with cooking spray, cook and crumble beef with 1/2 cup mushrooms, onion and green pepper over medium-high heat until no longer pink, 5-7 minutes. Stir in seasonings and tomato sauce; bring to a boil. Reduce heat; simmer, covered, 15 minutes.
3. Place pasta in an 8-in. square baking dish coated with cooking spray. Top with meat sauce and remaining mushrooms. Sprinkle with 1/4 cup mozzarella cheese and 1 tablespoon Parmesan cheese.
4. Bake, covered, 35 minutes. Uncover; sprinkle with remaining cheeses. Bake until heated through and cheese is melted, 5-10 minutes.

# Nutrition Facts

1 serving: 394 calories, 15g fat (6g saturated fat), 82mg cholesterol, 704mg sodium, 32g carbohydrate (5g sugars, 5g fiber), 34g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 vegetable, 1/2 fat.