

Pasta Pie

*This unique pie tastes just like a spaghetti dish—but it's served in wedges!
It holds together well and it tastes great!*

Leftover cooked spaghetti (or other string pasta)	1 2/3 cups	400 mL
Large egg, fork-beaten	1	1
Grated fresh Parmesan cheese	3 tbsp.	50 mL
Olive (or cooking) oil	1 tbsp.	15 mL
Creamed cottage cheese, slightly mashed with fork	1/2 cup	125 mL
Lean ground beef (or Italian sausage, casing removed)	8 oz.	225 g
Chopped onion	1/3 cup	75 mL
Diced green pepper	1/4 cup	60 mL
Can of diced tomatoes (with juice)	14 oz.	398 mL
Tomato paste	2 tbsp.	30 mL
Dried whole oregano	1/2 tsp.	2 mL
Granulated sugar	1/2 tsp.	2 mL
Dried crushed chilies (optional)	1/4 tsp.	1 mL
Salt	1/4 tsp.	1 mL
Garlic powder	1/8 tsp.	0.5 mL
Grated part-skim mozzarella cheese	1/2 cup	125 mL

Combine first 4 ingredients in medium bowl. Turn into greased 9 inch (22 cm) pie plate. Press into bottom and up side of pie plate.

Spread cottage cheese evenly over pasta mixture.

Scramble-fry ground beef, onion and green pepper in large non-stick frying pan on medium for about 10 minutes until beef is no longer pink. Drain.

Add next 7 ingredients. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, uncovered, for about 15 minutes until reduced and thickened. Spread evenly over cottage cheese. Cover with foil. Place on baking sheet. Bake in 350°F (175°C) oven for 45 minutes. Remove foil.

Sprinkle with mozzarella cheese. Bake, uncovered, for 20 to 25 minutes until bubbling and golden. Let stand for 10 minutes before cutting into 6 wedges.

1 wedge: 231 Calories; 9.7 g Total Fat (4.3 g Mono, 0.7 g Poly, 3.7 g Sat); 63 mg Cholesterol; 18 g Carbohydrate; 2 g Fibre; 17 g Protein; 437 mg Sodium