



RECIPE OF THE WEEK

CHEESEBURGER PASTA

1 ½ cups uncooked wheat penne pasta

2 Tablespoons onion, finely chopped

2 Tablespoons dill pickle relish

1 teaspoon steak seasoning

Chopped green onions, optional

1 lb lean ground beef

1 can (14 ½ oz) diced tomatoes

2 Tablespoons each, mustard & ketchup

¾ Cup reduced fat cheddar cheese

¼ teaspoon seasoned salt

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1. Cook pasta according to package directions
 2. In a large skillet, cook beef and onion over medium heat until meat is no longer pink.
 3. Drain pasta and add to meat mixture.
 4. Stir in tomatoes, relish, mustard, ketchup, steak seasoning, and seasoned salt. Bring to a boil. Reduce heat; simmer, for 5 minutes.
 5. Sprinkle with cheese. Remove from heat; cover and let stand until cheese is melted. Garnish with green onion, if desired.

NUTRITION FACTS:

Calories: 391 (1 ½ cup serving)

Protein: 28 grams

Total Fat: 12 grams

Total Carbohydrates: 43 grams

Sodium: 759 mg.

Fiber: 4

Makes 4 servings

FOOD FOR THOUGHT: TAKE PRIDE IN HOW FAR YOU HAVE COME, AND HAVE FAITH IN HOW FAR YOU CAN GO. – Anonymous