



NUTRITION CONSULTING INC.

Winter Pasta Casserole

This will feed a crowd—serve with a tossed salad to complete the meal.

Makes 10 servings

What you need:

- 2 lbs lean ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 can tomato sauce (500 ml)
- 1 can stewed tomatoes (540 ml)
- 2 cups sliced mushrooms
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 3 cups fat-free sour cream
- 2 cups shredded mozzarella cheese
- 2 cups whole wheat pasta rotini or macaroni



How you prepare:

Cook pasta and drain. In a large pot, cook ground beef until browned. Place beef in a strainer and rinse under hot water to remove fat. Add onions and garlic to meat and return to cooking. Next add tomato sauce, tomatoes, mushrooms and spices. Simmer for 20 minutes. In a large casserole dish place 1/2 of the pasta, cover with 1/2 meat sauce, 1/2 sour cream, 1/2 cheese. Repeat layering. Cover and bake at 350 degrees for 40 minutes. Uncover and continue to cook for 10 minutes to brown cheese.

Per serving:

- Calories 481
- Carbohydrates 29 g
- Protein 41 g
- Fat 22 g
- Dietary Fiber 3 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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