

Beef and Cheese Casserole (with Tomatoes and Zucchini)

Ingredients:

- Cooking Spray
- 2 medium tomatoes, sliced
- 2 medium zucchini, sliced
- 1 to 1 1/2 lbs. raw lean ground beef
- 2 tsp. minced garlic
- 1 small onion (finely chopped) or onion powder
- 1 cup tomato sauce
- 2 cups fat free cottage cheese
- 1 large egg yolk
- 1/2 cup low-fat shredded cheddar cheese

Your favorite seasonings to taste.

Preheat oven to 350 degrees. Slice tomatoes and zucchini. Place sliced vegetables in microwavable bowl and microwave on high for 2 to 2 1/2 min. until tender. Meanwhile, in a large skillet, saute' beef, onion, and minced garlic until beef is browned. Stir in tomato sauce and bring to a simmer. Spread beef mixture in 13x9 baking dish and top with microwaved vegetables. Whisk together cottage cheese, egg yolk, cheddar cheese and seasonings. Spoon over vegetables and smooth with spatula. Bake at 350 degrees for 30 to 35 minutes.

Total Servings = 6

Serving size = 1

Points per serving = 7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)