

Cheeseburger Pie

4 Servings: 1 Lean | 3 Green | 3 Condiments

Ingredients

1 large spaghetti squash

1lb lean ground beef

¼ cup diced onion

2 eggs

⅓ cup low-fat, plain greek yogurt

½ tsp Worcestershire sauce

⅔ cup reduced-fat, shredded cheddar cheese

2 oz dill pickle slices

Cooking spray

Instructions

Preheat oven to 400°F

Cut spaghetti squash in half lengthwise; remove seeds and pulp. Lightly spray insides with cooking spray. Place squash halves cut-side- down onto a foil-lined baking sheet, and bake for 30 minutes. Once cooked, let cool to before gently scraping squash flesh with a fork to remove spaghetti-like strands; set aside. Press squash strands into bottom and up sides of lightly-greased pie pan, creating an even layer.

Meanwhile, prepare pie filling. In a lightly-greased, medium-sized skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Remove from heat.

In a medium-sized bowl, whisk together eggs, Greek yogurt, tomato paste, and Worcestershire sauce. Stir in ground beef mixture. Pour pie filling over squash crust. Sprinkle meat filling with cheese, and then top with dill pickle slices.

Bake for 40 minutes.