



## **RECIPE OF THE WEEK**

### **PIZZA CASSEROLE**

#### **Ingredients:**

- 1 ½ pounds lean ground beef or ground turkey
- 1 large onion, chopped
- 1 package whole wheat or whole grain rigatoni noodles, slightly undercooked
- 28 ounces pizza sauce
- 1 package lowfat shredded mozzarella cheese
- Turkey pepperoni or Canadian Bacon pepperoni slices (optional)

#### **Directions:**

1. Brown lean ground beef or turkey with onion.
2. Layer ingredients in Crock Pot in the order listed.
3. Cook on LOW for 4 – 6 hours, depending on your Crock Pot.

**\*\*\* SEE REVERSE SIDE FOR THE  
CHALLENGE OF THE WEEK \*\*\***