

# Grab 'n' Go Dinner for Tonight

**Deep-Dish Pizza Casserole Recipe**

<p><u>Ingredients</u></p> <p>1 lb lean ground beef or lean ground turkey (7% fat)          1 (26 oz) jar chunky spaghetti sauce          Cooking Spray          1 (10 oz) tube of refrigerated pizza crust dough          6 oz (1/2 of 12 oz bag) shredded part-skim Mozzarella cheese, divided</p> <p>1) Preheat oven to 425 degrees. Cook ground beef or turkey in a medium nonstick skillet over medium-high heat until browned, stirring until it crumbles. Drain any fat from the pan.          2) Add spaghetti sauce and cook until heated through.          3) While the meat cooks, coat a 9" x 13" baking dish with cooking spray. Unroll pizza crust dough, and press into bottom and up the sides of the baking dish. Sprinkle bottom of the pizza dough with 3 oz of shredded Mozzarella. Top with meat mixture.          4) Bake uncovered at 425 degrees for 12 minutes. Top with remaining 3 oz of shredded cheese, and bake an additional 5 minutes or until crust is browned and cheese melts. Cool 5 minutes before serving.</p> <p>Makes 6 servings.  <u>Shape-Up Tip: To make this a complete meal, add</u></p> <ul style="list-style-type: none"> <li>• Bagged salad greens with reduced-fat Italian dressing</li> <li>• Fresh fruit or canned fruit in light syrup</li> <li>• Beverage</li> </ul>	<p><u>Where to Find It</u></p> <p>Meat Dept.          Aisle 2          Aisle 5          Refrigerated Sect.          Refrigerated Sect.</p>
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<b>Deep-Dish Pizza Casserole</b>	
<b>Nutrition Facts</b>	
Serving Size (222g)	
Servings Per Meal (6)	
Amount Per Serving	
<b>Calories 350</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat</b> 13g	16%
Saturated Fat 6g	19%
<b>Cholesterol</b> 45mg	35%
<b>Sodium</b> 510mg	17%
<b>Total Carbohydrate</b> 28g	17%
Dietary Fiber 2g	7%
Sugars	
<b>Protein</b> 27g	
<b>Vitamin A</b> 15%	•
<b>Calcium</b> 20%	•
<b>Vitamin C</b> 25%	
<b>Iron</b> 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Tonight's Grab 'n' Go Dinner**  
**Cost per serving: \$1.54**

**To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.**



**All ingredients will be marked with the Shape Up Kittitas County logo.**