Recipe: Broccoli & Cheeseburger Bake  Servings: 6

Ingredients:
1/2 lb lean ground beef (90/10)  1 cup fat-free cheddar cheese, shredded
1 cup broccoli, chopped 1/2 cup heart smart biscuit mix
1 cup onion, chopped 1 cup skim milk (fat-free)
1/2 tsp salt 2 eggs
Non-stick cooking spray

Preparation:
1. Heat oven to 400° F. Coat 9” pie plate with non-stick cooking spray.
2. Cook ground beef and onion over medium heat until beef is brown stirring to break up meat. Drain well.
3. Spread in pie plate and sprinkle with cheese.
4. In a medium bowl, stir remaining ingredients until blended. Pour into pie plate over beef mixture.
5. Bake 25 minutes or until top is golden brown. To check, insert knife in the center of the dish. If it comes out clean, it is ready to serve.
6. Refrigerate left overs within 2-3 hours.

Nutrition Facts
Serving Size 1/6th of recipe (251g)
Serving Per Recipe 6

Amount Per Serving
Calories 231  Calories from Fat 65
% Daily Value
Total Fat 7g  10%
Saturated Fat 2g  10%
Trans Fat 0g
Cholesterol 107mg  35%
Sodium 664mg  30%
Total Carbohydrate 21g  8%
Dietary Fiber 2g  8%
Sugar 11g
Protein 21g

Vitamin A  8%
Vitamin C  30%
Calcium  30%
Iron  10%