

# Spaghetti Pizza

## Ingredients

- 4-1/2 oz whole grain spaghetti noodles
- 1-1/2 tbsp 1% milk
- 1 egg
- 3 tsp parmesan cheese, fat free
- 1/2 cup shredded mozzarella cheese, low fat
- 2 tbsp tomato paste, no salt added
- 1 cup spaghetti sauce, low sodium
- 1/3 cup shredded mozzarella cheese, low fat
- 2-1/2 oz frozen cooked beef crumbles

## Notes

**Number of Portions:** 4

**Serving Size:** 1 slice

**Nutrition Facts:** 281 calories, 9.08 g fat, 4.17 g saturated fat, 329 mg sodium, 33.35 g carbohydrate, 4.44 g fiber, 4 g sugar, 18.18 g protein

## Directions

1. Cook pasta until almost tender. Drain and rinse slightly to cool then add milk, egg, parmesan, and mozzarella cheese.
2. Place pasta on a sprayed baking sheet. Bake at 350° F for 15 minutes to par bake.
3. Add tomato paste to spaghetti sauce and adjust seasoning with Italian herbs. Spread sauce evenly onto pan all the way to the edge. Add a light amount of cheese, then meat, and then the rest of the cheese.
4. Bake for 10-12 minutes until slightly brown. Allow to set then cut.

