

## The New Noodle Casserole

### Ingredients:

2 bunches scallions (a.k.a. green onions), trimmed  
 8 oz. extra lean ground beef (or turkey)  
 1 ½ tsp vegetable oil  
 ½ cup bulgur  
 2 cloves garlic, minced  
 2 (8oz) cans tomato sauce  
 ½ cup water  
 6 oz. no-yolk whole-wheat egg noodles  
 1 cup low-fat cottage cheese  
 1 cup reduced-fat sour cream  
 1/4 cup shredded extra-sharp cheddar cheese  
 Salt and pepper to taste



### Making it:

1. Preheat oven to 350°F.
2. Baking dish: Coat a 2-quart baking dish with cooking spray.
3. Large pot: large pot of water on to boil. While simmering Pan ingredients below you can cook noodles until just tender (6 to 8 min.). Drain and rinse under cold water.
4. Separate white and green parts of scallions; thinly slice and keep separately.
5. Pan: Cook beef in a large pan or skillet over medium-high heat, breaking up clumps with a wooden spoon, until no longer pink (3 to 5 min.). Transfer to a plate lined with paper towels to drain excess fat.
6. Pan: Wipe out with paper towel, add oil and reduce heat to medium-low. Add bulgur, garlic and the scallion whites. Cook and stir until the scallions soften (5 to 7 min.). Add tomato sauce, water and the beef; bring to a simmer. Cover and simmer until the bulgur is tender and the sauce is thickened (15 to 20 min.). Season with salt and pepper.
7. Food processor or blender: Puree cottage cheese until smooth. Transfer to a medium bowl; stir in sour cream and scallion greens.
8. Baking dish: Layer half of the noodles, half the cottage cheese mixture and half the meat sauce. Repeat with the remaining ingredients. Sprinkle Cheddar over the top.
9. Bake casserole until bubbly, 30 to 40 min. Let stand for 10 min. before serving.

### Tips and Hints:

- Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. It simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.
- For higher energy needs you can use higher fat dairy.

### NUTRITION FACTS

Servings: 10  
 Serving Size: 1 cup, or 1/6 of casserole dish

<b>Total Calories</b>	<b>337</b>
Carbohydrate	41 g
Total Fat	14 g
Protein	22 g
Fiber	5 g

Prep Time: 35  
 Cook Time 1 hr 30 min