



## Italian Rotini Casserole

Serves 6 - 8

### Ingredients:

8 ounces of whole grain rotini (about 3 cups dry)	¼ teas. salt
½ lb. chopped or ground venison or ground beef	1 Tbsp. Italian seasoning
1 cup chopped onion (1 med.)	1 teas. garlic powder
1 cup chopped green pepper (1 lg.)	1 teas. salt-free herb seasoning
1 cup raw chopped broccoli	1 cup grated reduced fat cheese
2 cans of spaghetti sauce*	Pan spray

\*15 oz., no added salt or low sodium; if regular sauce is used, eliminate the salt in the recipe

**Directions:** Cook pasta according to package directions; drain. Using a large, heavy bottomed frying pan, cook the meat until all pink color is gone, drain all the grease. Using a strainer, rinse the meat with hot water to remove additional grease. Before returning the meat to the pan, wipe the pan with paper towel to remove grease.

Rinse vegetables thoroughly; rinse onion after peeling. Remove seeds from pepper. Peel or trim away tough parts of the broccoli stem. Chop vegetables into small pieces. Add the meat, onions, green pepper, and broccoli to the pan; cook on medium heat until tender. Add a little water if needed. Add the cooked pasta, spaghetti sauce, salt, Italian seasoning, garlic, and herb seasoning. Mix well. Spray a 9 X 13 casserole dish with pan spray. Pour mixture into casserole dish. Top with grated cheese. Bake in a 350° oven 30 minutes or until mixture is bubbling and cheese has melted. You may also microwave for about 10 minutes in a covered container, until mixture is bubbling and cheese has melted.

**Substitutions:** You may replace the spaghetti sauce with tomato sauce, but increase the Italian seasoning by 1 Tbsp. You may replace 1 can of the spaghetti or tomato sauce with 1 can of diced tomatoes\*.

**Nutrition:** This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.