



Cheeseburger Casserole



1/4th of recipe: 330 calories, 9g total fat (3.5g sat. fat), 768mg sodium, 31g carbs, 5g fiber, 12g sugars, 30.5g protein

Prep: 20 minutes **Cook:** 1 hour

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Ingredients

8 oz. (about 1 medium) russet potato, peeled and cubed
4 cups roughly chopped cauliflower
2 cups chopped mushrooms
2 cups chopped onion
1 1/2 tsp. garlic powder
1 lb. raw extra-lean ground beef (at least 96% lean)
1/4 tsp. salt
3 wedges The Laughing Cow Creamy Light cheese (or 3 tbsp. light/reduced-fat cream cheese)
1 tbsp. yellow mustard
2 tbsp. light butter
1/4 cup ketchup
1/4 cup chopped dill pickles

Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large pot of water to a boil. Add potato and cauliflower, and return to a boil.

Reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, and 1 tsp. garlic powder. Cook and stir until mostly softened, about 6 minutes. Transfer veggies to a large bowl.

Remove skillet from heat; clean, if needed. Respray, and return to medium-high heat. Add beef and 1/8 tsp. salt. Cook, stir, and crumble until fully cooked, about 5 minutes.

Remove from heat. Add cheese wedges and mustard, and stir until cheese has melted and mixture is uniform.

Drain water and transfer potato and cauliflower to another large bowl. Add butter, remaining 1/2 tsp. garlic powder, and remaining 1/8 tsp. salt. Thoroughly mash and mix.

Evenly layer ingredients in the baking pan: beef, veggie mixture, and potato-cauliflower mash. Bake until edges have lightly browned and entire dish is hot and bubbly, about 25 minutes.

Serve topped with ketchup and pickles.

MAKES 4 SERVINGS

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