

ISSUE 55



A pinch of this & a dash of that

MEGAN'S WEEKLY RECIPES

This week:

- SPAGHETTI BAKE

Spaghetti Bake

INGREDIENTS

- 2 eggs
- 5 tablespoons melted butter
- 1/3 cup parm
- 1 16 oz package spaghetti, cooked to package instructions
- 1 lb ground beef, cooked; or 1lb cooked chicken breast, cut into 1/2 inch cubes
- spaghetti sauce (see previous recipe for homemade spaghetti sauce, or use a jarred variety)
- 1-2 cups cottage cheese, ricotta cheese
- 2 cups mozzarella cheese
- Seasoning (try 1tsp basil, 1 tsp rosemary, and a few sprinkles of salt and pepper)

DIRECTIONS

1. Whisk together eggs, butter and parmesan until smooth.
2. Add cooked spaghetti and lightly toss to coat evenly.
3. Add half the spaghetti to a large baking dish. On top of the spaghetti, layer half of the cottage/ricotta cheese, half of the mozzarella and half of the seasoning. Make another layer with the remaining ingredients.
4. Cover with foil and bake at 350 for 40 minutes. Uncover and bake for another 20 minutes.