



Pizza Burger Casserole Recipe



INGREDIENTS

- 8 oz lean ground beef
- 4 eggs
- 2 egg whites
- 1 3/4 cups zucchini, shredded
- 1 cup Spaghetti Marinara Sauce
- 1/2 cup bell peppers, diced
- 1/2 cup mushrooms, sliced
- 1/4 cup green onions, chopped
- onion powder, to taste
- garlic powder, to taste
- cooking spray
- sea salt & pepper, to taste

DIRECTIONS

Preheat oven to 400 degrees.

Place shredded zucchini in a strainer, sprinkle on about ½ tsp. salt and mix; set aside.

In a medium sized fry pan over medium/medium high heat, brown ground beef. Season with onion powder, garlic powder, salt and pepper, to taste. Halfway through browning the ground beef, add bell peppers, mushrooms and green onions. Stir to cook veggies and finish browning the ground beef. Drain any fat. Set aside.

In a medium bowl, place the 4 eggs and 2 egg whites; using a whisk, slightly beat eggs together until mixed. Set aside.

Place the shredded zucchini on a work surface. Press with several paper towels to absorb the moisture out of the zucchini, then put into the egg mixture and stir to incorporate evenly.

Spray a 9 x 9-inch baking dish with cooking spray.

Evenly layer the ground beef mixture, then the spaghetti sauce and top with the egg mixture. Season with salt and pepper.

Bake 25 minutes or just until center of casserole is set and eggs no longer jiggle. Do not over bake, or eggs will go from tender to tough.

