

Taco Twist

8 servings

Keep raw meat, poultry, eggs, and fish separate from cooked and ready-to-eat foods. Do not wash or rinse meat or poultry.

- 3 cups whole wheat corkscrew macaroni, uncooked
- 1 pound lean ground beef
- 1 (1.25 ounce) package taco seasoning mix
- 1 (15 ounce) can tomato sauce
- 1/4 cup green pepper, scrubbed with a clean vegetable brush under running water, chopped
- 1 cup low-fat Cheddar cheese, shredded, divided
- 1/2 cup non-fat sour cream



1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray a 2-quart baking dish with non-stick cooking spray. Set aside.
3. Cook the macaroni according to package directions. Drain.
4. In a large skillet, brown ground beef until internal temperature reaches 160 degrees F on food thermometer. Drain fat.
5. Add taco seasoning, tomato sauce, and green pepper to meat.
6. Bring meat mixture to a boil. Remove from heat.
7. In a large bowl, combine cooked macaroni, 1/2 cup cheese, and sour cream. Spread in prepared baking dish.
8. Top with meat mixture and remaining 1/2 cup cheese.
9. Bake for 30 minutes.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/8 of recipe) Calories 300, Total Fat 7g, Saturated Fat 3g, Cholesterol 25mg, Sodium 820mg, Total Carbohydrates 38g, Dietary Fiber 2g, Sugars 3g, Protein 21g, Vitamin A 8%, Vitamin C 10%, Calcium 8%, Iron 20%.