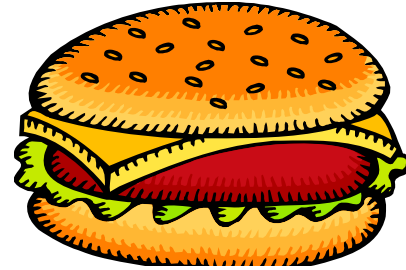


Cheeseburger Bake

Ingredients:

1 ½ pounds 95% lean ground beef or ground turkey
1 ½ tsp onion powder
½ tsp garlic powder
½ tsp black pepper
1/3 cup ketchup
4 oz low-fat cheddar cheese, shredded (1 cup)
8 oz buttermilk refrigerator biscuits (10 biscuits)



Directions:

Preheat oven to 450°F. Coat an 8-inch square baking dish with non-stick cooking spray. In a large skillet, brown ground turkey or beef with onion powder, garlic powder and black pepper over high heat; drain. Add ketchup and cheese; mix well. Pour into the baking dish. Place biscuits on top of the beef mixture and bake 8-10 minutes, or until the biscuits are golden and cooked through.

Makes 6 servings

Nutrition Info per serving (based on using 95% lean ground beef): 520 calories, 13g fat, 5g sat fat, 1310mg sodium, 2g fiber

Source: Adapted from the [Eat Smart New York! Recipe Book](#)