

Deep Dish Pizza Casserole

It's Kick-off Day....Which typically means that our family is gathered around the TV watching the Cowboys play. It also means that we are either eating pizza or nachos for at least one meal while the game is on. Try this tasty dish instead of the typical take out. You can find a video demonstration of this recipe at <http://dinnertonight.tamu.edu/page/2/?s=pizza>

- 1 pound extra lean ground beef (round or loin)**
- One (15-ounce) can chunky, low sodium Italian style tomato or pasta sauce**
- Cooking spray**
- One (10-ounce) package refrigerated pizza crust dough**
- 1 cup reduced-fat shredded mozzarella cheese**
- 1 each green and red bell pepper, cut into thin slices**

Cook beef in a medium non-stick skillet over medium high heat until browned, stirring until it crumbles. Drain and return to skillet. Add tomato sauce and cook until heated.

While meat cooks, spray a 9×13-inch baking dish with cooking spray. Unroll pizza dough and press into bottom and halfway up sides of baking dish. Sprinkle dough with half of the cheese. Top with meat mixture and sliced peppers.

Bake, uncovered, at 425° F for 12 minutes. Top with remaining cheese and bake 5 additional minutes or until crust is browned and cheese melts. Cool 5 minutes before serving.

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Values*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 410mg	17%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

