

Delicious Greek Pastitsio {Casserole-Style}

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-greek-pasticcio>

Ingredients:

- 12 ounces penne pasta
- 1 pound ground turkey or ground sirloin
- 1 1/2 cups yellow onion chopped, from about 1 large onion
- 1 3/4 teaspoons salt divided
- 1 teaspoon pepper
- 5 garlic cloves finely minced
- 2 tablespoons all-purpose flour
- 8 ounces light cream cheese
- 2 cups milk 1% of skim work great
- 1/8 teaspoon nutmeg
- 14 1/2 ounces diced tomatoes drained
- 1 cup part-skim mozzarella cheese shredded
- 2 tablespoons fresh flat leaf parsley chopped

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 100 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 8 grams
8. Sodium: 1120 milligrams
9. Sugar: 13 grams

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