

Impossibly Easy Cheeseburger Pie

1 lb extra lean ground beef
1 cup chopped onion
1/2 tsp salt
1 cup shredded Cheddar cheese
1 cup Reduced Fat Bisquick®
1 cup skim milk
1/2 cup liquid egg substitute

Heat oven to 400 degrees F. Grease 9" pie plate. Cook ground beef and onion in skillet until beef is brown; drain. Stir in salt. Spread in pie plate; sprinkle with cheese. Stir remaining ingredients in separate bowl until well mixed. Pour into pie plate. Bake for 25 minutes or until a knife inserted in the center comes out clean. Makes 6 servings.

NOTE: To reduce fat, use extra lean ground turkey in place of the ground beef.

Nutrition information per serving: 310 calories; 26 grams protein; 18 grams fat; 9 grams carbohydrate; 243 mg sodium; 205 mg calcium.