

Taco Pie

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Serves 6, 5 FSP per serving

Serves 4, 8 FSP per serving

- 1 cup flour
- 2 tsp baking powder
- 3/4 tsp salt
- 3/4 cup fat free plain greek yogurt
- 1 pound 96% lean ground beef
- 1 packet taco seasoning
- 4 oz Cabot 75% reduced fat cheddar (shredded)
- 1/2 cup fat free sour cream
- 1/4 cup taco sauce
- shredded lettuce
- chopped tomatoes

1. Preheat oven to 400. Mix flour, baking powder, salt and Greek yogurt together. Carefully roll out dough and then place in pie pate that has been sprayed with non stick spray. Press down and crimp edges. Cook crust for 8 minutes
2. Cook ground beef until done. Drain. Mix in taco seasoning and 3/4 cup water. Let simmer 10 minutes.
3. Add beef to pie crust. Sprinkle with cheese. Bake an additional 8-12 minutes..
4. While pie is baking, mix sour cream and taco sauce. Shred lettuce and chop tomatoes.

5. Remove pie from oven and spread with the sour cream mixture. Let cool 7 minutes. Top with lettuce and tomato.