

- » 2 pounds (1 kg) lean ground beef
- » 1/2 cup (125 mL) cornflakes (crushed)
- » 1/4 teaspoon (1 mL) garlic powder
- » 1/2 teaspoon (3 mL) onion (finely chopped)
- » 1 egg
- » salt and pepper to taste
- » 2 1/4 cups (560 mL) water
- » 1 cup (250 mL) skim milk
- » 1 teaspoon (5 mL) salt
- » 2 cups (500 mL) instant mashed potatoes
- » 1 teaspoon (5 mL) margarine

YIELD: 8 servings

EXCHANGE: 4 high-fat meat, 1 bread, 1/2 fat per serving

CALORIES: 372 per serving

Combine ground beef, cornflakes, garlic powder, onion, and egg; mix well. Add salt and pepper. Place beef mixture in 9-inch (23-cm) pie pan. Pat to cover bottom and sides evenly. Bake at 425°F (220°C) for 30 minutes; drain off excess fat. Heat water, skim milk, and salt just to a boil; remove from heat. Add potato granules; mix thoroughly. Add margarine; blend well. Cover and allow to stand 5 minutes, or until potatoes thicken. Spread evenly over meat mixture. Return to oven and bake until potatoes are golden brown. Allow to rest 10 minutes before cutting pie into wedges.

MICROWAVE: Cover beef mixture. Cook on medium for 10 to 12 minutes; drain. Cover with potatoes. Cook on medium for 2 minutes. Hold 5 minutes.