

Quick Skillet Lasagna

Serving Size: 1 cup

Yield: 7 servings

Ingredients:

- 1/2 cup onion (chopped)
- 1/2 pound ground beef
- 1 can tomatoes (16 ounce)
- 1 can tomato paste (6 ounce)
- 1 tablespoon parsley (fresh, optional)
- 1 1/2 cup water
- 1 teaspoon garlic powder (optional)
- 2 cups egg noodles (cooked)
- 3/4 cups cottage cheese, lowfat
- 1/4 cup parmesan cheese

Instructions:

1. Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles in the saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

Cost:

Per Serving: \$.66

Nutrition Facts	
Serving Size 1 cup prepared lasagna, 1/7 of recipe (256g) Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 15g	
Vitamin A 15%	• Vitamin C 20%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	