

Skillet Lasagna



CHOICES
Steps Toward
Health

Serves 6

1/2 pound lean ground beef
1/2 cup onion, chopped
1 15-ounce can tomato sauce
1 cup water
1/4 teaspoon garlic powder
1/2 teaspoon oregano, ground
1/2 teaspoon basil, ground
8 ounces wide noodles, uncooked
1 10-ounce package frozen chopped spinach, thawed
1 cup low-fat cottage cheese
1/2 cup Parmesan cheese

1. In large skillet or frying pan brown meat and onion. Drain off excess fat.
2. Add tomato sauce, 1 cup water, and spices. Stir.
3. Bring to a boil. Add noodles. Cover and simmer for 5 minutes, stirring gently to prevent sticking.
4. Spread cottage cheese on top. Sprinkle with Parmesan cheese.
5. Cover and simmer for about 10 minutes until noodles are tender.

TIPS:

- Serve with a tossed salad and garlic bread.
- This recipe is easier and quicker than traditional lasagna.

Nutrition Facts: Serving size: about 1 cup; Calories: 300; Fruits and Vegetables: 1 1/2; Fat: 7 g; Fiber: 3 g



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