Quick Skillet Lasagna

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.
- 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.

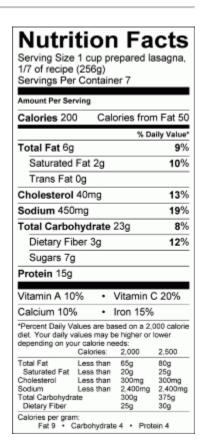
Cost

Per recipe: \$5.40 Per serving: \$0.77

Source

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Notes



o decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini the sauce.	