

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

Source

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

Notes

Nutrition Facts	
Serving Size 1 cup prepared lasagna, 1/7 of recipe (256g)	
Servings Per Container 7	
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 450mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 15g	
Vitamin A 10%	• 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	

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