

EASY LASAGNA



Makes 6 servings

Serving Size: 1/6 recipe

Ingredients

- 1/2 pound ground beef
- 8 ounces egg noodles, uncooked (try whole grain)
- 12 ounces fat free cottage cheese
- 12 ounces reduced-fat mozzarella cheese, shredded
- 1 (26-ounce) jar spaghetti sauce
- 1 tablespoon Italian seasoning
- Non-stick cooking spray

Directions

1. Brown ground beef. Drain and return to skillet.
2. Stir in spaghetti sauce and Italian seasoning. Bring to a boil.
3. Add 1 cup water and uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups of mozzarella cheese. Sprinkle the remaining cheese on top.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Nutrition information Per Serving

450 calories		Total Carbohydrate	46 g
Total Fat	15 g	Dietary Fiber	4 g
Saturated Fat	15 g	Sodium	1080 mg
Protein	35 g		

-  Excellent Source of Vitamin A
-  Excellent Source of Calcium
-  Excellent Source of Iron
-  Good Source of Vitamin C



Eat Smart

