

SKILLET LASAGNA

SERVES 6

Preparation Time: 30 minutes

Cooking Time: 45 minutes

INGREDIENTS

½ pound ground beef,
pork, or turkey

½ cup chopped onion
(about 1 small onion)

1 (15 oz.) can tomato sauce

1½ cups water

½ teaspoon garlic powder

1 teaspoon oregano

½ teaspoon basil

1 (10 oz.) package of frozen
chopped spinach, thawed

1 cup fat-free or low-fat cottage
cheese

2 oz. shredded (about ½ cup)
mozzarella cheese

DIRECTIONS

1. Brown ground meat thoroughly in large skillet. Be sure meat is steamy hot and no pink color is left in meat or juices. Do not undercook ground meat.
2. Drain fat from cooked meat.
3. Combine drained meat with onion, tomato sauce, water, and spices. Cover and bring to a boil.
4. Add noodles. Cover and simmer 5 minutes.
5. Defrost spinach in microwave and drain juices using colander.
6. Stir spinach into mixture in skillet. Cover and simmer 5 minutes.
7. Stir mixture. Spoon cottage cheese on top and sprinkle with mozzarella cheese.

NUTRITIONAL INFO: Serving Size: 1 ½ cup, **Calories:** 230, **Fat:** 7 grams (g), **Sodium:** 700 milligrams (mg), **Fiber:** 3 g. **Vitamin A & C** excellent source, **Calcium and Iron:** good source.



VARIATION:

Skillet Lasagna

1. Add sliced zucchini or sliced summer squash to the dish.
2. Use 1 can diced or crushed tomatoes instead of tomato sauce.

SIMPLY GOOD EATING



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