

EASY LASAGNA

Sourced from Faithful Families Thriving Communities

TOTAL PREP TIME: 2-4 MINUTES | COOK TIME: 40 MINUTES
SERVINGS: 6 | SERVING SIZE: 1/6 RECIPE

NUTRITION FACTS

370 calories
Total Fat: 11g
Saturated Fat: 6g
Carbohydrates: 35g
Fiber: 2g
Protein: 32g
Sodium: 530mg
Cholesterol: 87mg

INGREDIENTS

- Non-stick cooking spray
- 1/2 pound ground beef or turkey - lean or extra lean
- 1 (14.5oz) can unsalted diced tomatoes (do not drain)
- 1 1/4 cup water
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 1 tablespoon Italian seasoning
- 8oz package egg noodles, uncooked
- 12oz fat-free or low-fat cottage cheese
- 2 cups reduced-fat mozzarella cheese, shredded and divided

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Spray large skillet with non-stick cooking spray.
3. Brown ground meat. Drain and return to skillet.
4. Stir in diced tomatoes, water, parsley, oregano, and Italian seasoning. Bring to a boil.
5. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
6. Stir in cottage cheese. Cover and cook for 5 minutes.
7. Stir in 1 1/2 cups of mozzarella cheese. Sprinkle the remaining cheese on top.
8. Cover and remove from heat. Let stand for 5 minutes to melt cheese. Be sure to use a thermometer to check that the temperature has reached 160°F for ground beef or 165°F for ground turkey.

EASY LASAGNA

Sourced from Faithful Families Thriving Communities

NUTRITION AND RECIPE TIPS

- Try whole wheat egg noodles.
- Stir in a can of drained white beans for additional protein and fiber.
- Keep a small pot with parsley, basil, or cilantro in a windowsill so you can have fresh herbs all year round.
- Meat contains **protein**: helps you feel full longer.
- Noodles have **carbohydrate**: gives you sustained energy.
- Excellent source of
 - **vitamin C**: aids in growth, development, and repair of the body.
 - **calcium**: aids in bone health.
 - **iron**: prevents anemia; aids in body growth and development.
- Good Source of **vitamin A**: aids in vision and immune system function.