



Easy Lasagna

Serving Size: 1/6 of recipe

Yield: 6 servings

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 Facts Per Serving: 450 calories, Total Fat 15 g, Saturated Fat 15 g, Protein 35 g, Total Carbohydrate 46 g, Dietary Fiber 4 g, Sodium 1080 mg

Source: Recipe Bank, www.extension.org



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