

Recipes

Easy Lasagna

Ingredients:

- 1/2 pound extra lean ground beef15 ounces low sodium tomatoes, canned, diced
- 1 cup water
- 1 tablespoon Italian seasoning
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 8 ounces whole wheat noodles
- 12 ounces fat-free cottage cheese 8 ounces reduced-fat mozzarella
 - cheese

Directions

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- 1. In non stick skillet, brown ground beef, breaking into small pieces. Drain and return to skillet.
- 2. Stir in tomatoes, tomato paste, water and Italian seasoning. Bring to a boil.
- 3. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
- 4. Stir in cottage cheese. Cover and cook for 5 minutes.
- 5. Sprinkle the Parmesan cheese on top.
- 6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Sounds different but quick and easy and so good to make.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

Equipment:

Spatula

Grater

Non stick skillet

Liquid measuring cup

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 20 minutes

Measuring spoons

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Nutrition Facts

Serving Size: 1 1/2 cups

Servings, 0				
Amount Per Serving				
Calories 295		Calories from F	Calories from Fat 99	
%Daily Valu		alue*		
Total Fat 11	g		17%	
Saturated	Fat 5g		25%	
Cholesterol		11%		
Sodium 448	mg		19%	
Total Carbo	hydrate	32g	11%	
Dietary Fib	er 4g		17%	
Protein 20g		40%		
Vitamin A	17%	Vitamin C	39%	
Iron	14%	Calcium	18%	
*Percent Daily Values are based on a 2,000 calorie diet.				

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