

## Easy Lasagna

### Ingredients:

1/2 pound extra lean ground beef  
 15 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

### Equipment:

Non stick skillet  
 Spatula  
 Grater  
 Liquid measuring cup  
 Measuring spoons

Number of Servings: 6  
 Prep Time: 20 minutes  
 Total Time: 20 minutes

### Directions

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.**

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 295	Calories from Fat 99
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Cholesterol 34mg	11%
Sodium 448mg	19%
Total Carbohydrate 32g	11%
Dietary Fiber 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.

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.