

## Quick Skillet Lasagna

### Ingredients:

- 1 onion
- 1/2 pound ground turkey
- 15 ounces tomatoes
- 6 ounces tomato paste
- 1 tablespoon parsley
- 1 1/2 cups water
- 1 teaspoon garlic powder
- 8 ounces whole wheat noodles
- 3/4 cup cottage cheese, low-fat
- 1/4 cup parmesan cheese

### Equipment:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Mixing spoon
- Grater
- Non stick skillet with lid
- Large saucepan
- Spatula

Number of Servings: 6  
 Prep Time: 20 minutes  
 Total Time: 30 minutes

### Directions

1. Heat non stick skillet to medium. When hot, add turkey, breaking into small pieces.
2. Cut the ends off of the onion, and peel off the brown layers. Cut onion in half, and place flat side down. Slice into thin strips keeping onion together. Turn and slice again to dice. Add to skillet with turkey.
3. Continue to cook turkey and onion together, until turkey is brown and onion is tender. Drain off excess fat.
4. Add tomatoes, tomato paste, parsley, water, and garlic powder to skillet. Bring to a boil and simmer until sauce is thick, about 25 minutes.
5. Meanwhile, cook noodles in the saucepan according to package directions. Drain.
6. Add cooked, drained noodles to the sauce after sauce is done.
7. Stir in cottage cheese and Parmesan cheese. Stir to prevent sticking.
8. Cover and heat over low heat about 5 minutes, until cheese is melted.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 202	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	11%
Cholesterol 54mg	18%
Sodium 211mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Protein 16g	33%
Vitamin A 85%	Vitamin C 38%
Iron 16%	Calcium 17%
*Percent Daily Values are based on a 2,000 calorie diet.	

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