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

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.