SKILLET LASAGNA

SERVES 6

INGREDIENTS

1/2 pound ground beef or ground turkey
1/2 cup onion, chopped
1-15 ounce can tomato sauce
1 1/2 cups water
4 cloves garlic (or garlic powder)
1 teaspoon dried oregano (or 3 teaspoons fresh chopped)
1/2 teaspoon dried basil (or 1 1/2 teaspoons fresh chopped)
3 cups (4 or 5 ounces) uncooked noodles (1/2 inch wide)
10 ounces frozen spinach, thawed and drained
1 cup low-fat cottage cheese
4 ounces mozzarella cheese (part-skim)

DIRECTIONS

1. Brown meat thoroughly making sure there is no pink color left in the meat or juices.
2. Drain any excess fat from meat.
3. Combine drained meat with onion, tomato sauce, water, garlic, oregano and basil. Cover and bring to a boil.
4. Add noodles. Cover and bring to a simmer (5 minutes).
5. Stir spinach into mixture in skillet.
6. Spoon cottage cheese on top and sprinkle with mozzarella cheese.
7. Cover and let simmer for about 10 minutes.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/2014)