

Skillet Lasagna

6 servings

This quick and easy one-pan dish provides four out of the five MyPlate food groups. To decrease fat and cholesterol, omit ground beef and add vegetables, such as zucchini or broccoli.

- 1/2 pound lean ground beef
- 1 small onion, scrubbed with clean vegetable brush under running water, chopped
- 1 garlic clove, minced or 1/2 teaspoon garlic powder
- 1 (15 ounce) can tomato sauce
- 1 cup water
- 1/2 teaspoon dried oregano (optional)
- 1/2 teaspoon dried basil (optional)
- 1/2 teaspoon salt (optional)
- 3 cups whole wheat egg noodles, uncooked
- 1 (10 ounce) package frozen spinach, thawed
- 1 cup low-fat cottage cheese
- 2 ounces Mozzarella cheese, shredded

1. Wash hands with soap and water.
2. In a large skillet, brown ground beef, onion, and garlic. Cook until internal temperature reaches 160°F as measured with a food thermometer. Drain fat.
3. Add tomato sauce, water, oregano, basil, and salt if desired. Bring to a boil.
4. Add noodles and stir. Cover and boil gently for 5 minutes.
5. Break up thawed spinach in small pieces. Stir in skillet mixture. Bring to a boil. Cover and boil gently for 5 minutes. Stir mixture again.
6. Spoon cottage cheese on top. Sprinkle with cheese.
7. Reduce heat, cover and simmer for about 10 minutes or until noodles are tender and mixture is hot and bubbly. Add water if it gets too thick.



Nutrition Information per Serving: (1/6 of recipe) Calories 280, Total Fat 9g, Saturated Fat 4g, Cholesterol 50mg, Sodium 500mg, Total Carbohydrate 31g, Dietary Fiber 4g, Sugars 6g, Protein 22g, Vitamin A 120%, Vitamin C 30%, Calcium 20%, Iron 20%.