

# Eat Smart • Move More

## Easy Lasagna

Prep Time: 5 minutes

Total Time: 20 minutes



### Ingredients

- ½ pound lean ground beef
- 28 ounces canned low-sodium diced tomatoes
- 1 ½ cups water
- 6 ounces canned no salt added tomato paste
- 1 tablespoon Italian seasoning
- 8 ounces whole grain noodles
- 12 ounces low-fat cottage cheese
- 1 cup part-skim mozzarella cheese, shredded

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (280.06g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 11g	
Includes g of Added Sugars	
<b>Protein</b> 21g	
Vitamin D 0mcg	<b>0%</b>
Calcium 129mg	<b>10%</b>
Iron 5mg	<b>25%</b>
Potassium 449mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- In a skillet, brown ground beef, breaking into small pieces.
- Stir in tomatoes, water, tomato paste, and Italian seasoning. Bring to a boil.
- Add dry pasta. Cover and cook on medium heat for 15 minutes.
- Stir in cottage cheese. Lower heat to simmer. Cover and cook for 5 more minutes, or until pasta is fully cooked.
- Remove from heat. Sprinkle with mozzarella cheese and cover. Let stand for 5 minutes to melt cheese.

### Quick Tips

- You can use any lean ground meat, like pork, chicken or turkey in this recipe.
- Substitute cheddar cheese and chili powder for a Tex-Mex flavored dish.
- Add onions, bell peppers, or spinach for extra veggies.

### Follow us | Like us



[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

(Recipe from Michigan State University Cooperative Extension Service, Eating Right is Basic, as listed at: <https://www.whatscooking.fns.usda.gov/>)

[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.