

# Easy Lasagna

Prep Time: 5 minutes

Total Time: 20 minutes



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Virginia Cooperative Extension • Family Nutrition Program



## Ingredients

- 8 ounces extra-lean ground beef
- 28 ounces no salt diced tomatoes
- 1 ½ cups water
- 6 ounces no salt added tomato paste
- 1 tablespoon Italian seasoning
- 8 ounces whole grain noodles
- 12 ounces nonfat cottage cheese
- ¾ cup part-skim mozzarella cheese, shredded



## Directions

Wash hands with soap and water.

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

Store leftovers in a sealed container in the refrigerator.



## Nutrition Facts

6 servings per container  
**Serving size** (308g)

**Amount per serving**  
**Calories** **240**

**% Daily Value\***

**Total Fat** 5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 440mg 19%

**Total Carbohydrate** 30g 11%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 21g

Vitamin D 0mcg 0%

Calcium 152mg 10%

Iron 2mg 10%

Potassium 695mg 15%

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

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