Easy Lasagna

Prep Time: 5 minutes
Total Time: 20 minutes













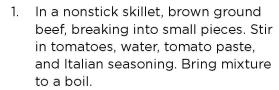
Ingredients

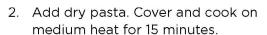
8 ounces extra-lean ground beef
28 ounces no salt diced tomatoes
1 ½ cups water
6 ounces no salt added tomato paste
1 tablespoon Italian seasoning
8 ounces whole grain noodles
12 ounces nonfat cottage cheese
¾ cup part-skim mozzarella cheese,
shredded



Directions

Wash hands with soap and water.





- 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.









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

| Nutrition F 6 servings per container | acts |
|---|--------|
| 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 serving of food contributes to a daily diet day is used for general nutrition advice. | |

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