



Skillet Lasagna

INGREDIENTS:

- 8 uncooked lasagna noodles
- 1 (15 ounce) carton small curd cottage cheese
- ½ cup grated Parmesan cheese, divided in half
- 1 tablespoon Italian seasoning
- Nonstick cooking spray
- 1 (24 ounce) jar tomato pasta sauce, without meat
- 1 (10 ounce) package frozen spinach, thawed and squeezed dry*
- 8 ounces mozzarella cheese, shredded (2 cups shredded)

Squeezing Spinach Dry

- *Thaw spinach in refrigerator overnight or in microwave on low. Once thawed, wrap spinach in clean towel and twist to wring out the water.

Source: Healthy & Homemade, 2018 Nutrition and Fitness Calendar | **Yield:** 10 (½ cup) servings; 90 Calories per serving. Total fat 4g; Saturated fat 0g; Protein 3g; Total carbohydrate 12g; Dietary fiber 5g, Sodium 65mg

DIRECTIONS:

1. Cook the lasagna noodles according to package directions. Collect, shred, and measure all ingredients.
2. In a large bowl, mix cottage cheese, ¼ cup parmesan cheese and Italian seasoning.
3. Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in skillet.
4. Spread half of the jar of sauce in sprayed skillet. Top with 4 lasagna noodles. Spread half the cottage cheese mixture over pasta. Top with half the spinach. Sprinkle half of the mozzarella cheese over spinach.
5. Repeat with remaining ingredients in this order: lasagna noodles, cottage cheese mixture, spinach, pasta sauce and mozzarella cheese.
6. Sprinkle with the rest of the parmesan cheese (¼ cup); cover.
7. Place skillet on heat; turn heat to medium low. Cook for about 20 minutes until cheese melts & sauce is bubbling. Remove from heat; let stand 5 minutes (covered) before serving.