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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 (1/4 cup); cover.
- 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.

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