



## Easy Skillet Lasagna

### INGREDIENTS:

- ½ pound lean or extra-lean ground beef or ground turkey
- 8 ounces egg noodles, uncooked (can use whole grain)
- 12 ounces fat-free cottage cheese
- 2 cups reduced-fat mozzarella cheese, shredded
- Non-stick cooking spray
- 1 (14.5 ounce) can unsalted diced tomatoes, not drained
- 1 cup water
- ½ teaspoon parsley
- ½ oregano
- 1 tablespoon Italian Seasoning

### DIRECTIONS:

1. Brown ground beef. Drain and return to skillet.
2. Stir in diced tomatoes, water, parsley, oregano, and Italian Seasoning. Bring to a boil.
3. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups mozzarella cheese. Sprinkle the remaining cheese on top.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

**Source:** *Cooking with Extension* | **Yield:** 6 servings; 370 Calories per serving.  
 Total fat 11g; Protein 32g; Total carbohydrate 35g; Dietary fiber 2g, Sodium 530mg