



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:

- 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.
- 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



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