

Quick Skillet Lasagna



Ingredients:

- ½ cup chopped onion
- ½ pound ground beef
- 1 16-ounce can tomatoes
- 1 6-ounce can tomato paste
- 1 tablespoon fresh parsley (optional)
- 1½ cups water
- 1 teaspoon garlic powder (optional)
- 2 cups cooked egg noodles
- ¾ cup low-fat cottage cheese
- ¼ cup Parmesan cheese

Preparation:

1. Chop onion. Cook beef and onion in the frying pan or large sauce pan until beef is brown and onion is tender. Drain excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture in the frying pan or large saucepan. Bring to a boil and simmer until sauce is thick, about 25 minutes.

3. Cook noodles in a saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonful into the mixture in the frying pan or large saucepan.
6. Cover and heat over low heat, about 5 minutes. Refrigerate leftovers.

Yields 7 (1 cup) servings

Nutritional Information Per Serving:

200 calories, 15 g protein, 23 g carbohydrate (3 g fiber), 6 g fat, 40 mg cholesterol, 440 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community. Learn more at www.upmchealthplan.com/dscommunity.

