

Easy Lasagna

Makes 9 servings

Each serving has 300 calories, 9 grams (g) fat and 37 g carbohydrate.

4 c. part-skim mozzarella cheese

1 lb. lean ground beef

½ onion, chopped

2 (15-ounce) cans tomato sauce

1/8 tsp. pepper

¼ tsp. salt

½ tsp. garlic powder

½ tsp. Italian seasoning

9 lasagna noodles

Cook noodles according to package directions. In large skillet, brown ground beef. Drain; add chopped onion. Turn heat to low. Add sauce and seasoning; simmer 15 minutes. Spray 9x13 pan with cooking spray. Layer: noodles, sauce, cheese. Repeat two more times. Bake at 350 F for 30 minutes. Remove; let rest for 10 minutes before cutting into squares.
