

Quick Skillet Lasagna

Ingredients:

- ½ c. chopped onion
- ½ lbs. ground beef
- 16-oz. can tomatoes
- 6-oz. can tomato paste
- 1 Tbsp. fresh parsley (optional)
- 1 ½ c. water
- 1 tsp. garlic powder (optional)
- 2 c. cooked egg noodles
- ¾ c. cottage cheese, low-fat
- ¼ c. parmesan cheese

Directions:

- Chop onion. Cook beef and onion in the frying pan until beef is brown and onion is tender. Drain excess fat. Add tomatoes, tomato paste, parsley, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes. Cook noodles in the saucepan according to package directions. Drain. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking. Mix cheeses and drop by spoonfuls into the frying pan. Cover and heat over low heat about five minutes.

Makes 7 servings. Per serving: 200 calories, 6 grams (g) fat, 23 g carbohydrate and 3 g fiber.

NDSU EXTENSION
SERVICE