



Quick Lasagna Skillet



Start to finish time: 40 minutes

Number of servings: 7

Nutrition Facts

Serving size 1 cup

Amount per serving
Calories 166

% Daily Value*

Total Fat	5.4g	7 %
Saturated Fat	2.1g	10 %
Trans Fat	0g	
Cholesterol	34mg	11 %
Sodium	275mg	12 %
Total Carbohydrate	17g	6 %
Dietary Fiber	1.6g	6 %
Total Sugars	4.3g	
Includes 0g Added Sugar		0 %
Protein	14g	
Vitamin D	0.1mcg	0 %
Calcium	82mg	6 %
Iron	2.3mg	13 %
Potassium	537mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

- ½ cup onion (chopped)
- ½ pound ground beef (90% lean)
- 1 (14.5-ounce) can tomatoes
- 1 (6-ounce) can tomato paste (about 1 cup)
- 1 ½ cups water
- 2 cups egg noodles (dry)
- ¾ cup low-fat cottage cheese
- ¼ cup parmesan cheese (shredded)

Optional Ingredients:

- 1 tablespoon fresh parsley
- 1 teaspoon garlic powder

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add the beef and onion to a pan over medium heat until the beef is brown, and onion is tender. Drain excess fat if necessary.
3. Add the canned tomatoes, tomato paste, and water to the pan with the beef and onion. If using, add the garlic powder and fresh parsley.
4. Add the dry egg noodles to the pan and stir until combined.
5. Bring to a boil, cover, and simmer until sauce is thick and noodles are al dente. About 15 minutes.
6. While the noodles are simmering, add the parmesan and cottage cheese to a small bowl and mix to combine.
7. Place dollops of the cheese mixture into pan. Cover and heat over low heat until cheese melts. About 5 minutes.
8. Enjoy!

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add the beef and onion to a pan over medium heat until the beef is brown, and onion is tender. Drain excess fat if necessary.



Step 3

Add the canned tomatoes, tomato paste, and water to the pan. If using, add the garlic powder and fresh parsley.



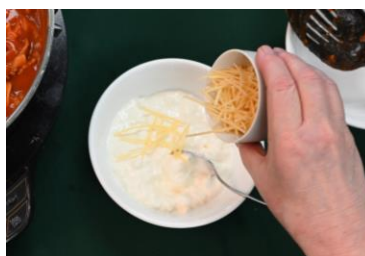
Step 4

Add the dry egg noodles to the pan and stir until combined.



Step 5

Bring to a boil, cover, and simmer until sauce is thick and noodles are al dente. About 15 minutes.



Step 6

While the noodles are simmering, add the parmesan and cottage cheese to a small bowl and mix to combine.



Step 7

Place dollops of the cheese mixture into pan. Cover and heat over low heat until cheese melts. About 5 minutes.



Step 8

Enjoy!

SUBSTITUTIONS:

- Use a 16-ounce jar of tomato sauce in place of tomatoes, tomato paste, and water.
- Grated parmesan can be used instead of shredded.

MSU EXTENSION NOTES:

- 1 teaspoon of dry oregano can be added for extra flavor.
- The recipe can be made gluten free by using gluten-free noodles.

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