

# EASY LASAGNA



Makes 6 servings

Serving Size: 1/6 recipe

## Ingredients

- 1/2 pound lean or extra-lean ground beef or ground turkey
- 8 ounces egg noodles, uncooked (try whole grain)
- 12 ounces fat-free cottage cheese
- 2 cups reduced-fat mozzarella cheese, shredded
- 1 (14.5-ounce) can unsalted, diced tomatoes, not drained
- 1 cup water
- 1/2 teaspoon parsley
- 1/2 teaspoon oregano
- 1 tablespoon Italian seasoning
- Non-stick cooking spray

## Directions

1. Brown ground beef or turkey. 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.
5. Stir in 2 cups of mozzarella cheese.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

## Nutrition information Per Serving

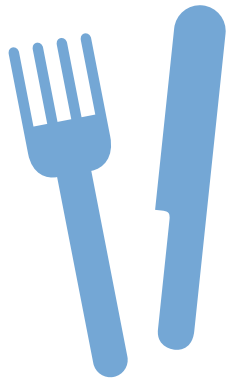
370 calories		Total Carbohydrate	35 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	6 g	Sodium	530 mg
Protein	32 g		

 Excellent Source of Vitamin C

 Excellent Source of Calcium

 Excellent Source of Iron

 Good Source of Vitamin A



## Eat Smart



**NC STATE**  
EXTENSION

**Community & Clinical**  
**CONNECTIONS**  
for Prevention & Health  
Branch  
NORTH CAROLINA  
DIVISION OF PUBLIC HEALTH