Quick Lasagna

This recipe is an excellent source of calcium, which keeps bones and teeth strong.

Ingredients:

1 pound **ground beef**
1 large **onion**, chopped
1 clove **garlic**, minced or 1/8 teaspoon garlic powder
2 cups **spaghetti sauce**
4 tablespoons fresh **parsley** or 4 teaspoons dried
1 teaspoon **oregano**
1 teaspoon **basil**
1 pint (2 cups) low-fat **cottage cheese**
1 cup shredded **Mozzarella cheese** (4 ounces)
6 uncooked **lasagna noodles**
1/2 cup grated **Parmesan cheese**

Nutrition Facts

Serving Size 1 Cup (218g)
Servings Per Container 8

Amount Per Serving

Calories 310	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 690mg	**29%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**12%**
Sugars 9g	
Protein 26g	

Vitamin A 15% • Vitamin C 15%
Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 1 cup each

Directions:

1. Cook ground beef over medium-high heat (350 degrees in an electric skillet) until it is no longer pink.
2. Drain fat, add onion and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce, and herbs; spread evenly in skillet.
4. Reduce heat to low (200 degrees in an electric skillet), spread cottage cheese over mixture and sprinkle with half of the Mozzarella. Top with 4 noodles, breaking remaining 2 to fill in open spaces.
5. Pour remaining spaghetti sauce evenly over the top of noodles; gently press noodles down to moisten.
6. Cover and simmer 15 minutes until noodles are tender. Top with remaining cheeses, cover and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.
8. Refrigerate leftovers within 2-3 hours.

Source: 2006. Adapted from Caring Families Food Choices, WSU Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at http://healthyrecipes.oregonstate.edu.

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