

Skillet Lasagna

Serves 6

This one dish meal can be made on the stove in a skillet or in an electric frying pan.

- ½ pound lean ground beef or ground turkey
- ½ cup chopped onion
- 1 15-ounce can tomato sauce
- 1 cup water
- ¼ teaspoon garlic powder
- ½ teaspoon oregano, ground
- ½ teaspoon basil, ground
- 8 ounces wide egg noodles, uncooked
- 1 (10-ounce) package frozen chopped spinach, thawed
- 1 cup low-fat cottage cheese
- ½ cup Parmesan cheese

1. In large skillet or frying pan brown meat and onion. Drain off excess fat.

2. Add tomato sauce, 1 cup water, and spices. Stir.

3. Bring to a boil. Add noodles. Cover and simmer for 5 minutes, stirring gently to prevent sticking.

4. Spread cottage cheese on top. Sprinkle with Parmesan cheese.

5. Cover and simmer for about 10 minutes until noodles are tender.

Nutrition information per 1 cup serving: calories 300, fat 7g, fiber 3g

Recipe from UMass Extension

Food for Thought

Skillet meals are a great way to combine foods from different food groups into a one dish meal for fast food with few dishes! Mix together a whole grain, a protein, a sauce and a couple of vegetables.