

Easy Lasagna

Ingredients:

Nonstick Cooking Spray	1/2 Pound Lean Ground Beef or Turkey
14.5 Ounces Unsalted Diced Tomatoes	1 1/4 Cup Water
1/2 Teaspoon Parsley	1/2 Teaspoon Oregano
1 Tablespoon Italian Seasoning	8 Ounces Whole Grain Egg Noodles
12 Ounces Low Fat Cottage Cheese	2 Cups Reduced Fat Shredded Mozzarella Cheese

Directions:

1. Spray skillet with non-stick cooking spray.
 2. Brown ground meat. Drain and return to skillet.
 3. Stir in diced tomatoes, water, parsley, oregano, and Italian seasoning. Bring to a boil.
 4. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
 5. Stir in cottage cheese. Cover and cook for 5 minutes.
 6. Stir in 1 1/2 cups mozzarella cheese. Sprinkle the remaining cheese on top.
 7. Cover and remove from heat. Let stand for 5 minutes to melt the cheese.
- Be sure to use a thermometer to check that the temperature has reached 160 degrees for ground beef and 165 degrees for turkey.

