



A Nutrition Resource

SKILLET LASAGNA

Yield: 8 Servings | Serving Size: 1 cups

Cost/serving: \$1.10

Ingredients:

- 8 uncooked lasagna noodles
- 1 (15 ounce) carton small curd cottage cheese
- 1/2 cup grated parmesan cheese, divided in half
- 1 Tablespoon Italian seasoning
- Nonstick cooking spray
- 1 (24 ounce) jar tomato pasta sauce, without meat
- 1 (10 ounce) package of frozen spinach, thawed and squeezed dry*
- 8 ounces mozzarella cheese, shredded (2 cups shredded)

Directions:

- 1) Cook the lasagna noodles according to package directions.
- 2) Collect, shred, and measure all ingredients before starting to prepare the recipe.
- 3) In a large bowl, mix the cottage cheese, 1/4 cup parmesan cheese, and Italian seasoning.
- 4) Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in the skillet.
- 5) Spread half of the jar of sauce in the sprayed skillet.
- 6) Top with 4 lasagna noodles.
- 7) Spread half the cottage cheese mixture over the noodles.
- 8) Top with half the spinach.
- 9) Sprinkle half of the mozzarella cheese over the spinach.
- 10) Repeat with the remaining ingredients in this order: lasagna noodles, cottage cheese mixture, spinach, pasta sauce, and mozzarella cheese.

Nutrition Facts

8 servings per container
Serving size 1 cup (263g)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%

Protein 20g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 3mg	15%
Potassium 537mg	10%

*The % Daily Value 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.



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- 11) Sprinkle with the rest of the parmesan cheese (1/4 cup), and cover.
- 12) Place skillet on the heat and turn heat on to medium low. Cook for about 20 minutes until the cheese melts and the sauce is bubbling. Remove from heat and let stand for 5 minutes (covered) before serving.
- 13) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel, and twist to wring out the water.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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