



EATING SMART
BEING ACTIVE

Skillet Lasagna

Makes: 8 servings (1 cup per serving)
Preparation Time: 10 minutes
Cooking Time: 20 minutes

Ingredients

8 uncooked lasagna noodles (or 4 cups of any other type of cooked pasta)
1 (15 ounce) carton small curd cottage cheese
½ cup grated parmesan cheese, divided in half
1 ¼ teaspoons 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 cheese)

Directions

1. Wash hands with soap and water.
2. Cook the lasagna noodles/pasta according to package directions.
3. Collect, shred, and measure all ingredients before starting to prepare the recipe.
4. In a large bowl, mix the cottage cheese, ¼ cup parmesan cheese, and Italian seasoning.
5. Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in.
6. Spread half of the jar of sauce in the sprayed skillet.
7. Top with 4 lasagna noodles or half of the other pasta.
8. Spread half the cottage cheese mixture over the pasta.
9. Top with half the spinach.
10. Sprinkle half of the mozzarella cheese over the spinach.
11. Repeat with the remaining ingredients in this order: pasta, cottage cheese mixture, spinach, pasta sauce, and mozzarella cheese.
12. Sprinkle with the rest of the parmesan cheese (¼ cup), and cover.
13. 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.
14. Refrigerate leftovers within 2 hours. Heat to an internal temperature of 165°F before eating. Enjoy 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.

Nutrition Facts	
8 servings per container	
Serving size	1 Cup (269g)
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 800mg	35%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 378mg	30%
Iron 2mg	10%
Potassium 238mg	6%

*The % Daily Value (DV) 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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