



Easy Lasagna

Ingredients

- ½ pound lean ground beef
- 28 ounces canned low-sodium diced tomatoes
- 6 ounces canned no salt added tomato paste
- 1 teaspoon Italian seasoning
- 8 ounces whole grain egg noodles
- 8 ounces low-fat cottage cheese
- ¼ cup reduced-fat Parmesan cheese, grated

Directions

1. Brown ground beef in a skillet. Drain off fat and return to skillet.
2. Stir in tomatoes, tomato paste, and Italian seasoning. Bring to a boil.
3. In a saucepan, cook pasta according to directions on the package. Remove and drain in colander.
4. Add cooked noodles and cottage cheese to beef mixture.
5. Cover and cook for 5 minutes.
6. Sprinkle Parmesan cheese on top.
7. Cover and remove from heat. Let stand for 4 minutes to melt cheese.

Nutrition Facts

Serving Size 1 serving (277.05g)
Servings Per Container 6

Amount Per Serving

Calories 290 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 350mg **15%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **24%**

Sugars 11g

Protein 20g

Vitamin A 20% • Vitamin C 35%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.