



Skillet Lasagna

Makes: 8 servings (1 cup per serving)

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients

8 uncooked lasagna noodles

1 (15 ounce) carton small curd cottage cheese

½ 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, ¼ 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 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.
11. Sprinkle with the rest of the parmesan cheese (¼ 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.

| 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 239mg | 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. | |

* 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.



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