



## Skillet Lasagna

Makes: 8 (1 ½ cup) servings  
 Preparation Time: 15 minutes  
 Cooking Time: 20 minutes

### Ingredients

8 lasagna noodles (or 4 cups of any other type of pasta), uncooked  
 1 (15-ounce) carton ricotta or cottage cheese  
 ½ cup grated parmesan cheese  
 1 ¼ tablespoons Italian seasoning  
 1 jar (24-ounce) spaghetti sauce  
 10 ounces of frozen thawed spinach (squeeze dry) or chopped broccoli  
 2 cups shredded mozzarella cheese

Nutrition Facts	
Serving Size 1/8 lasagna (236g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 810mg</b>	<b>34%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 11g	
<b>Protein 20g</b>	

### Directions

1. Cook the noodles as directed on the package. Drain and set aside.
2. In a small bowl, mix the ricotta cheese, ¼ cup parmesan cheese, and Italian seasoning.
3. Do NOT turn on stove top until all layers have been added.
4. Spread half of the jar of sauce in an un-greased deep-dish skillet. Top with half the cooked noodles (4 lasagna noodles).
5. Spread half of the cheese mixture over noodles. Top with half the spinach or broccoli.
6. Sprinkle half of the mozzarella cheese over the vegetables.
7. Repeat with the remaining noodles, the remaining cheese mixture, the remaining sauce, the vegetables, and the remaining mozzarella cheese.
8. Sprinkle with the rest of the parmesan cheese. Cover.
9. Turn on stove top to medium low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving.
10. Refrigerate leftovers.

*Eat Smart: Vary Your Veggies!*

*Be Creative!*

Make this recipe in an electric skillet; cook at 250-275 degrees for about 15 minutes or until cheese is melted.

