

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Skillet Lasagna *(Makes 2 servings.)*

Ingredients

- 1 c. any style pasta, cooked
- ½ c. small curd cottage cheese, low sodium
- ¼ c. grated parmesan cheese, divided in half
- 1 tsp. Italian seasoning
- Nonstick cooking spray
- 1 (8-oz) can tomato pasta sauce, without meat
- ½ c. spinach, thawed and squeezed dry OR
½ c. cooked, chopped broccoli
- ½ c. mozzarella cheese, shredded

Directions:

1. In a small bowl, mix cottage cheese, Italian seasoning, and half of Parmesan cheese.
2. Spray a small deep skillet or pan with nonstick cooking spray. Do NOT turn on stovetop until all layers have been added.
3. Layer half of each ingredient in this order: tomato sauce, cooked pasta, cheese mixture, spinach or broccoli, mozzarella cheese.

(Recipe continued on back)

Nutrition info: Serving size: 1½ cup, Calories: 440, Total Fat: 12 g, Saturated Fat: 6 g, Cholesterol: 30 mg, Sodium: 450 mg, Total Carbohydrate: 57 g, Dietary Fiber: 6 g, Sugars: 14 g, Protein: 25 g.

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4. Repeat remaining ingredients in this order: pasta, cheese mixture, spinach or broccoli, pasta sauce, and mozzarella cheese.
5. Sprinkle with the rest of the parmesan cheese and cover.
6. Place skillet on the heat and turn heat on to medium low. Cook for about 10 minutes until the cheese melts and the sauce is bubbling. Remove from heat, and let stand for 5 minutes (covered) before serving.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.