



Skillet Lasagna



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 100,
total fat 11g, saturated fat 4g, trans
fat 0g, cholesterol 60mg, sodium
950mg, total carbohydrate 42g,
dietary fiber 6g, sugars 9g, protein
29g, vitamin A 20%, vitamin C 25%,
calcium 20%, iron 15%

- 28 oz can Food Club diced tomatoes
- Water
- 1 Tbsp extra virgin olive oil
- 1 medium yellow onion, minced
- ½ tsp salt
- 3 medium cloves garlic, minced
- ¼ tsp red pepper flakes
- 1 tsp dried Italian seasoning
- 1 lb ground lean beef
- 10 Healthy Harvest whole wheat lasagna noodles, broken into 2-inch lengths
- 8 oz can Food Club tomato sauce
- ½ cup grated Parmesan cheese plus 2 additional Tbsp
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 cup lowfat ricotta cheese
- 3 Tbsp chopped fresh basil or ½ tsp dried basil

Use a 12-inch nonstick skillet with a tight-fitting lid for this recipe

DIRECTIONS:

Pour tomatoes with their juices into 1 qt liquid measuring cup. Add water until mixture measures 1 qt.

Heat oil in large nonstick skillet over medium heat until simmering. Add onion, ½ tsp salt and cook until onion begins to brown, about 5 minutes. Stir in garlic, pepper flakes & Italian seasoning; cook until fragrant, about 30 seconds. Add ground meat and cook, breaking apart meat, until no longer pink, about 4 minutes.

Scatter pasta over meat but do not stir. Pour diced tomatoes with juices and tomato sauce over pasta. Cover and bring to simmer. Reduce heat to medium-low and simmer, stirring occasionally, until pasta is tender, about 25 minutes.

Remove skillet from heat and stir in ½ cup Parmesan. Season with salt & pepper. Dot with heaping tablespoons of ricotta; cover and let stand off heat for 5 minutes. Sprinkle with basil and remaining 2 Tbsp Parmesan. Serve hot.

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★ Skillet Lasagna ★ Shopping List

PRODUCE:

- 1 medium yellow onion
- 3 cloves garlic
- Fresh basil

MEAT/POULTRY/SEAFOOD:

- 1 lb lean ground beef

WHOLE GRAINS/ BREADS/ PASTA:

- 1 box Healthy Harvest whole wheat lasagna noodles

SPICES/SEASONINGS:

- Salt
- Red pepper flakes
- Dried Italian dressing
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- 1 – 28 oz can Food Club diced tomatoes
- Extra virgin olive oil
- 1 – 8 oz can Food Club tomato sauce

DAIRY:

- Parmesan cheese
- 1 cup low fat ricotta cheese

FOLD