

Skillet Lasagna

Quick and Easy

Prep time: 15 minutes Cook time: 30 minutes

Ingredients:

1 (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
1 (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

Instructions:

1. Pour tomatoes with their juices into 1-qt liquid measuring cup. Add water until mixture measures 1 qt.
2. Heat oil in large nonstick skillet over medium heat until simmering. Add onion & ½ tsp salt & 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 & cook, breaking apart meat, until no longer pink, about 4 minutes.
3. Scatter pasta over meat but do not stir. Pour diced tomatoes with juices & tomato sauce over pasta. Cover & bring to simmer. Reduce heat to medium-low & simmer, stirring occasionally, until pasta is tender, about 25 minutes.
4. Remove skillet from heat & stir in ½ cup Parmesan. Season with salt & pepper. Dot with heaping tablespoons ricotta; cover, & let stand off heat for 5 minutes. Sprinkle with basil & remaining 2 Tbsp Parmesan. Serve hot.

Serves: 6

Source: adapted from www.cookscountry.com

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%

Serve with a fresh garden salad.

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

