Quick Skillet Lasagna

Ingredients

½ cup chopped onion or 2 tablespoons minced dried onions
½ pound ground beef, moose or caribou
1 can (16 ounces) tomatoes
1 can (6 ounces) tomato paste
1 tablespoon fresh parsley (optional)
1½ cups water
1 teaspoon garlic powder (optional)
2 cups cooked egg noodles (try whole wheat noodles)
¾ cup lowfat cottage cheese
¼ cup Parmesan cheese

Directions

1. Cook meat and onion together in a frying pan until meat is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles in a saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

Notes: To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.

Quick Skillet Lasagna

Ingredients

½ cup chopped onion or 2 tablespoons minced dried onions
½ pound ground beef, moose or caribou
1 can (16 ounces) tomatoes
1 can (6 ounces) tomato paste
1 tablespoon fresh parsley (optional)
1½ cups water
1 teaspoon garlic powder (optional)
2 cups cooked egg noodles (try whole wheat noodles)
¾ cup lowfat cottage cheese
¼ cup Parmesan cheese

Directions

1. Cook meat and onion together in a frying pan until meat is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles in a saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

Notes: To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.
The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

For information on free classes:
Adrian Kohrt  •  907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces  •  1-877-520-5211

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

Make half your plate fruits and vegetables.
Choose water over sugary drinks.
Make a grocery list before you shop.

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

For information on free classes:
Adrian Kohrt  •  907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces  •  1-877-520-5211

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

Make half your plate fruits and vegetables.
Choose water over sugary drinks.
Make a grocery list before you shop.