



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Cheesy Easy Lasagna

Ingredients

¾ lb extra lean ground beef (ground turkey can be substituted)
3 cloves garlic, minced
1 ½ tsp dried oregano
1 tbs balsamic vinegar
1 ½ tsp dried basil
1 (26 oz) jar spaghetti sauce (any flavor)
1 (14 oz) can diced tomatoes, drained
9 lasagna noodles, cooked and drained
1 (16 oz) container low fat cottage cheese, divided
2 cups 2% shredded reduced fat mozzarella cheese, divided

Directions

1. Preheat oven to 375°.
2. Brown meat with garlic, oregano and basil.
3. Stir in spaghetti sauce and vinegar, and simmer for 5 minutes.
4. Remove from heat and stir in tomatoes.
5. Spread ½ cup sauce mixture in 9 X 13 inch baking dish.
6. Layer 3 noodles, 1 cup cottage cheese, ½ cup mozzarella cheese and 1 cup sauce mixture.
7. Repeat layers.
8. Top with remaining 3 noodles and remaining sauce.
9. Cover with foil and bake for 30 minutes, or until heated through.
10. Uncover and top with remaining 1 cup mozzarella cheese.
11. Bake uncovered for 5 more minutes or until cheese is melted.
12. Let stand for 5 minutes before serving.

Nutrition Information Makes 9 servings

Per serving:

Calories: 322
Fat: 10g
Protein: 24g
Carbohydrate: 33g
Fiber: 3g
Sodium: 710mg



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