

Lasagna

Lasagna was one of the favorite dishes that my grandmother prepared. Although this recipe has been modified to lower the saturated fat and sodium content, it is still just as delicious as when she prepared it.

Ingredients:

- 1/2 lb of 95% lean ground beef, browned
- 2 cups low fat cottage cheese
- 1 egg
- 8 ounces of low-fat mozzarella cheese
- 1 cup frozen chopped spinach, thawed and squeezed dry
- 1 (16 ounce) can of stewed tomatoes
- 1 (6 ounce) can of tomato paste
- 3 Tbsp. sweet basil
- 1 Tbsp. garlic powder
- 8 ounces of water
- 8 lasagna noodles, uncooked
- Pepper to taste

Directions:

1. Preheat oven to 375°F.
2. Combine browned ground beef, stewed tomatoes, tomato paste, sweet basil, garlic powder, and water in a saucepan and bring to simmer over medium heat.
3. Combine cottage cheese, spinach, egg and black pepper in a bowl.
4. Spray 9 x 13 casserole dish with non stick cooking spray. Layer noodles, cheese mixture, meat mixture, and mozzarella cheese. Repeat for 2 layers
5. Bake for 45 minutes. You may need to cover cheese with foil for first 15 minutes of cooking to prevent over browning.

Nutrition Facts

Serving size: 4 oz (113g) (197g)	
Servings Per Recipe 12	
Amount Per Serving	
Calories 175	Cal. from Fat 38
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 36mg	10%
Sodium 374mg	15%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 15g	
Vitamin A 35%	Vitamin C 15%
Calcium 15%	Iron 15%
*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

