



Stove Top Lasagna

Servings: 6

½ pound lean ground beef, pork or turkey

½ cup onion, chopped

15-ounce can tomato sauce

1½ cups water

¼ teaspoon garlic powder

½ teaspoon oregano

½ teaspoon basil

3 cups wide whole-wheat noodles

10-ounce package frozen spinach, chopped,
defrosted in microwave

1 cup low-fat cottage cheese

½ cup mozzarella cheese, shredded

1. Wash hands and surfaces.
2. In a large skillet, brown ground meat.
Drain to remove fat.

3. Combine meat with onion, tomato sauce, water and spices. Cover and bring to a boil.
4. Add noodles, then cover and simmer for 5 minutes.
5. Stir spinach into frying pan mixture. Cover and simmer for 5 minutes.
6. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.
7. Refrigerate leftovers immediately.

Nutrition Facts

6 servings per container

Serving size (254g)

Amount per serving

Calories **280**

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 610mg 27%

Total Carbohydrate 36g 13%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 177mg 15%

Iron 4mg 20%

Potassium 735mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance