

Lazy Lasagna

Ingredients

1 pound ground round
1 (26 ounce) jar of low-fat spaghetti sauce
1 (16 ounce) carton fat-free cottage cheese
2 tablespoons grated Parmesan cheese
Cooking spray
1 (8 ounces) package precooked lasagna noodles
1 cup (4 ounces) pre-shredded reduced-fat mild cheddar cheese
Chopped fresh parsley (optional)

Directions

Preheat oven to 350°. Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Drain well, and return meat to pan. Add sauce; bring to a boil. Reduce heat, and simmer 5 minutes.

Combine cottage and Parmesan cheeses in a bowl; set aside. Spread ½ cup meat mixture in bottom of a 13 X 9-inch baking dish coated with cooking spray. Arrange 4 noodles over meat mixture, then top with half of cottage cheese mixture, 1 cup meat mixture, and 1/3 cup cheddar cheese. Repeat layers, ending with noodles. Spread remaining meat mixture over noodles. Cover and bake for 30 minutes. Uncover; sprinkle with 1/3 cup cheddar cheese and bake 5 more minutes or until cheese melts. Let stand 10 minutes before serving. Garnish with parsley if desired.

Nutrition Facts (per serving)

Calories: 275
Fat: 6.2 g
Cholesterol: 43 mg
Sodium: 584 mg

Courtesy of applesforhealth.com