

Skillet Lasagna

An easy lasagna; you don't even have to turn on your oven! Enjoy with a side salad and seasonal fruit.

Makes: 8 Servings
 Prep Time: 25 minutes
 Cook Time: 20 minutes

Source:
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/skillet-lasagna>



Small Changes,
 BIG Difference!

Ingredients

- 8 ounces lasagna noodles (or 4 cups of any other type of pasta, uncooked)
- 1 container of ricotta cheese, part-skim, 15 ounces (or cottage cheese)
- 1/2 cup Parmesan cheese (grated)
- 1 1/4 tablespoons Italian seasoning
- 1 jar spaghetti sauce, low-sodium (24 ounces)
- 1 package frozen spinach, thawed & squeezed dry (10 ounces, or chopped broccoli)
- 2 cups mozzarella cheese, part-skim shredded

Directions

1. Wash hands with soap and water.
2. Cook the noodles as directed on the package. Drain and set aside.
3. In a small bowl, mix the ricotta cheese (or cottage cheese), 1/4 cup Parmesan cheese, and Italian seasoning.
4. Spray a large skillet well with cooking spray. Do NOT place skillet on heat until all ingredients are in skillet.
5. Spread half of the jar of sauce in skillet. Top with half the cooked noodles (4 lasagna noodles).
6. Spread half of the cheese mixture over the noodles. Top with half the spinach or broccoli.
7. Sprinkle half the mozzarella cheese over the vegetables.
8. Repeat with the remaining noodles, the remaining cheese mixture, the remaining vegetables, the remaining sauce, and the remaining mozzarella cheese.
9. Sprinkle with the rest of the Parmesan cheese. Cover.
10. Turn on the stove top to medium-low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	361
Total Fat:	14 g
Saturated Fat:	7 g
Cholesterol:	38 mg
Sodium:	377 mg
Total Carbohydrates:	37 g
Dietary Fiber:	4 g
Total Sugars:	6 g
Added Sugars:	1 g
Protein	22 g

Utensils Needed

- Large Pot
- Measuring Cups
- Small Bowl
- Large Skillet
- Cheese Grater



SHOPPING LIST

Average total cost without oil and seasonings: \$17.64

Average cost/serving: \$2.21

Recipe makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Lasagna Noodles, 16 oz.



Add 1 to Cart:
Part-Skim Ricotta Cheese, 15 oz.



Add 1 to Cart
Grated Parmesan Cheese, 8oz.



Add 1 to Cart
Low Sodium Tomato Sauce,
28 oz.



Add 1 to Cart
Frozen Spinach, 10 oz. package



Add 1 to Cart
Part-Skim Mozzarella Cheese,
16 oz.

SAVE TIME, SAVE MONEY

Preparation Tips

- Consider choosing whole grain lasagna noodles to add more fiber to this dish!
- Chopped broccoli can be used in place of the frozen spinach.
- Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel, and twist to wring out the water.

Similar Recipes

- Cut costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Vegetable Lasagna
 - Zucchini Pizza Boats

My Cooking Notes