

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Skillet Spinach Lasagna

All the lasagna flavor in one skillet with spinach and cottage cheese. 260 calories and 19 g protein.

Makes 8 servings | Serving: 1 cup | About $1.30 per serving | 10 min + 25 min | 260 calories

Ingredients

- 1/2 pound ground meat (beef or turkey)
- 1/2 onion, diced (about 1/2 cup)
- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 can (24 ounces) spaghetti or pasta sauce
- 2 cloves garlic, minced
- 1 cup water
- 8 ounces whole wheat egg noodles
- 1 can (4 ounces) mushrooms, drained (optional)
- 1 container (12 ounces) cottage cheese
- 1/2 cup mozzarella cheese, shredded

Nutrition Facts

Per serving (1 cup)

Calories	**260**
Total Fat	7 g
Saturated Fat	2.5 g
Sodium	680 mg
Total Carbohydrate	30 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars	1 g
Protein	19 g
Calcium	149 mg
Iron	3 mg
Potassium	535 mg

Method

1. Cook the ground meat and onion in a large skillet.
2. Add the spinach, sauce, garlic and water and bring to a boil.
3. Stir in the noodles, cover and cook on low 5 minutes.
4. Add the mushrooms, cover and simmer 5 minutes, adding a little water if needed.
5. Spoon the cottage cheese on top, sprinkle with mozzarella, cover and cook 5-10 minutes.

Swaps: Use lean ground turkey. Rinse browned meat with hot water to remove extra fat.

Storage: Refrigerate up to 4 days.

Why it's good for you

- Cottage cheese adds protein and calcium.[1]
- Spinach supplies vitamin K.[2]

[1] NIH Office of Dietary Supplements: Calcium fact sheet, https://ods.od.nih.gov/factsheets/Calcium-Consumer/ [2] NIH Office of Dietary Supplements: Vitamin K fact sheet, https://ods.od.nih.gov/factsheets/VitaminK-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/skillet-lasagna/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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