

Recipe from former Extension program, Out for Lunch



Ingredients

- 8 oz. egg noodles, cooked and drained
- 12 oz. low fat cottage cheese (approximately 1 1/2 cups)
- 8 oz. light sour cream (approximately 3/4 cup)
- 12 oz. part skim mozzarella cheese, shredded (approximately 3 cups)
- 1/2 pound lean ground beef, cooked and drained
- 27 or 32 oz. can or jar of spaghetti sauce (I used a 24 oz. spaghetti sauce & 8 ounce tomato sauce)
- 1 Tablespoon Italian seasoning

SERVES: 8

PREPARATION: 10MIN

COOKING: 10MIN

READY IN: 20MIN

Directions

- 1) In bowl, mix together cooked noodles, cottage cheese, sour cream and 3/4 of the mozzarella cheese
- 2) In a second bowl, mix together cooked meat, spaghetti sauce and Italian seasoning.
- 3) Layer a small amount of the meat mixture on the bottom of a 9X13 inch baking dish.
- 4) Layer half the noodle mix, then half of the remaining meat mix.
- 5) Next layer the rest of the noodle mix then the rest of the meat mix.
- 6) Sprinkle the remaining mozzarella cheese on top.
- 7) Bake in 350 degree F oven for 20-30 minutes (until bubbly and hot in the center).

Easy Bake Lasagna can also be frozen prior to baking. Prepare lasagna in a disposable aluminum pan and wrap tightly with foil. Remove from the freezer and place in the refrigerator the day before using to allow the lasagna to thaw. Depending on how well the lasagna is thawed, it may take a little longer to bake.