Skillet Lasagna

½ pound ground beef ½ onion, chopped (½ cup)
2 cloves garlic, minced or ¼ tsp garlic powder 1 cup water
3 cups spaghetti sauce (26 to 28 oz.) 8 oz wide noodles
1 10-oz. package chopped spinach, thawed
1 12 oz. container lowfat cottage cheese
½ cup (4 oz) shredded mozzarella cheese

1. Cook ground beef, onions and garlic together in a large skillet ; stir to prevent sticking.
2. Add spaghetti sauce and water to skillet and bring to a boil.
3. Add uncooked noodles, stir, cover with lid, turn down the heat, and cook 5 minutes.
4. Squeeze the thawed spinach to remove the juice and then stir into the pan.
5. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese, put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.