

# SKILLET LASAGNA

½ pound ground beef, venison, or turkey  
½ cup chopped onion  
1 can or jar (29-32 ounces) spaghetti sauce  
3 cups uncooked whole wheat noodles  
1 10-ounce package frozen chopped spinach  
1 cup low fat cottage cheese  
½ cup shredded mozzarella cheese



1. Brown meat in large skillet; drain.
2. Add onion and sauce; bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in microwave; stir into meat mixture. Cover and simmer for 5 minutes.
5. Stir mixture. Spoon cottage cheese on top; sprinkle with cheese. Cover and simmer for 10 minutes more. (Add water if it gets too dry.)

Makes 6 servings.