

# LAZY LASAGNA

- 2 cups low-fat ricotta cheese
- 1 cup low-fat cottage cheese
- 2 tablespoons dried parsley
- 1 teaspoon chopped garlic or ¼ teaspoon garlic powder
- 4 cups spaghetti sauce
- ¾ pound uncooked lasagna noodles
- 1 cup grated skim mozzarella cheese
- ¼ cup Parmesan cheese
- 1 package frozen broccoli or spinach (optional)



1. Spray a 9x13x2-inch pan with nonstick coating.
2. In a bowl, mix ricotta cheese, cottage cheese, parsley, and garlic.
3. Layer the ingredients.

**First layer:** Pour 1 cup of spaghetti sauce in the bottom of the pan. Arrange ⅓ of the noodles so they touch but do not overlap. Spread ½ of the cheese mixture over the noodles. Add ½ of the frozen vegetables (if desired) and ½ of the mozzarella cheese.

**Second layer:** Add 1 cup of sauce, ⅓ of the noodles, and remaining cheese mixture, vegetables, and mozzarella cheese.

**Third layer:** Add another cup of sauce, layer of noodles, and remaining sauce.

4. Sprinkle with Parmesan cheese. Cover tightly with aluminum foil. Place extra sauce in small freezer bag and label with date. Tape to pan of Lazy Lasagna.
5. Label pan with date and heating instructions and freeze with bag of sauce.

## Nutrition Facts

Serving Size 1 slice lasagna (213g)	
Servings per Recipe 12	
Amount per Serving	
<b>Calories</b> 290	Calories from Fat 60
_____ %Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 3.5g	18%
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 670mg	28%
<b>Total Carbohydrate</b> 41g	14%
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein</b> 15g	
<b>Vitamin A</b> 24%	• <b>Vitamin C</b> 35%
<b>Calcium</b> 30%	• <b>Iron</b> 10%

\* Percent Daily Values are based on a 2,000 calorie diet

### To prepare for serving:

In refrigerator, thaw Lazy Lasagna. Bake at 350° Fahrenheit for 1 hour. Heat extra sauce in a small pan and spoon over hot slices of lasagna. Makes 12 servings.

### Enjoy with:

Ice-cold milk  
Crispy tossed salad  
Warm bread sticks