

Short Cut Lasagna

Rating: ★★★★★

Makes: 6 Servings

Ingredients

- 1 jar spaghetti sauce (low sodium, 28 ounces)
- 7 dry lasagna noodles (can use 6-8)
- 1 **package** ricotta cheese, part-skim, 15 ounces (or cottage cheese)
- 2 **cups** mozzarella cheese, part-skim, shredded
- 1/4 **cup** Parmesan cheese (grated)

Directions

1. Spread 1/2 the sauce on the bottom of a 2-quart baking dish or pan.
2. Layer half the dry noodles, ricotta and Parmesan.
3. Top with 1 cup sauce and layer rest of the noodles, ricotta and mozzarella.
4. Top with remaining spaghetti sauce.
5. Bake 60 minutes at 350°F. Remove and let is set for 20 minutes. Top with Parmesan cheese.

Notes

Add browned, drained meat or cooked vegetables if desired. Mix with middle layer of sauce.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	535	
Total Fat	19 g	29%
Protein	27 g	
Carbohydrates	53 g	18%
Dietary Fiber	1 g	4%
Saturated Fat	5 g	25%
Sodium	121 mg	5%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 1/2 ounces
Dairy	1 1/2 cups