

YUMMY GOOD LASAGNA

Ingredients, Meat Sauce:

1½ LBS. extra lean ground beef
2 teaspoons dried oregano
1 cup chopped onion
1-8oz. can tomato sauce
1 tsp. salt
1-28 oz. can diced tomatoes

1-14 1/2 oz. can Italian style stewed tomatoes
1 tsp. pepper
1-6 oz. can tomato paste
1- 8oz. pkg. of shredded Mozzarella cheese
1teaspoon dried basil
4 cloves garlic minced
2 tbsp. dried parsley

Ingredients, Filling:

2 cups small curd non-fat cottage cheese, drained
1 large egg

1 15 oz container nonfat ricotta cheese
½ cup shredded parmesan cheese
2 tbsp. dried parsley

And, of course:

12 no boil lasagna noodles

Directions, Meat Mixture:

Brown beef, in large saucepan for about 10 minutes and drain meat set aside.

Wipe pan with paper towel; spray pan with cooking spray and sauté garlic and onion over medium heat for 6 minutes.

Return meat to pan & add diced tomatoes, tomato sauce, stewed tomatoes, & tomato paste. Add 2 tbsp. parsley, basil, oregano, salt and pepper, stir together and bring to boil.

Cover pan, reduce heat to low and simmer for 15 minutes

Directions, Filling:

Mix all together in bowl and set aside in refrigerator

To Assemble:

In a 10x12x2.5 foil pan, add about 1 cup meat mixture to bottom of pan, layer 4 noodles; top with half of the cottage cheese mixture, 2-¼ cups of tomato/meat sauce and 2/3 cup of mozzarella.

Repeat layers once and end with layer of noodles.

Pour remaining sauce over top.

Cover with aluminum foil and bake 1 hour at 350 degrees.

Uncover and top with all of Mozzarella cheese.

Place in oven and bake until cheese melts about 10 minutes.

Let cool about 20 minutes, then cover with heavy duty foil and label