

THIS WEEK'S RECIPE

As seen on hdnews.net



Lazy Day Lasagna

- 1 carton (12 oz) cottage cheese
- 2 cups mozzarella cheese, shredded
- 2 eggs
- 1/3 cup parsley
- 1 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1/8 teaspoon pepper
- 1 jar (32 oz) spaghetti sauce
- 1 pound ground beef, browned
- 9 lasagna noodles, uncooked
- 1/4 cup water

In a 12 x 7 1/2 x 2 inch baking pan, spread 3/4 cup meat sauce. Layer 3 noodles on top. Spread half of the cheese mixture and then 1 1/2 cups meat sauce. Repeat. Top with remaining noodles and remaining sauce. Pour water around edges.

Cover with foil. Bake in 375 degree oven for 45 minutes. Uncover and bake 15 minutes longer.

Yield 8-12 servings.

Blend the first 7 ingredients together. Mix together the spaghetti sauce and ground beef.

Recipe from: Essence of Kansas Taste Three Centennial 4-H Cookbook



Research and Extension

Nutrition Facts

Serving Size (245g)
Servings Per Container

Amount Per Serving
Calories 410 Calories from Fat 130

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 6g	31%
Cholesterol 105mg	35%
Sodium 750mg	31%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	6%
Sugars 6g	
Protein 31g	

Vitamin A 0%	•	Vitamin C 2%
Calcium 4%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	25g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Essence of Kansas Taste Three Centennial 4-H Cookbook



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Cottage Cheese.....	Dairy
Mozzarella Cheese, Shredded.....	Dairy
Eggs	Dairy
Parsley.....	#11
Onion Powder.....	#11
Italian Seasoning.....	#11
Pepper	#11
Spaghetti Sauce	#9
Ground Beef	Meat
Lasagna Noodles.....	#9
Water	Your Tap

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