

EASY SKILLET LASAGNA

Ingredients:

30 Min | Serves 6

- 1 lb 90/10 lean ground beef
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 large zucchini, cut in half & sliced
- 1 (8 oz) carton sliced fresh mushrooms
- 2 (15 oz) cans no-salt-added tomato sauce
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- 1/4 cup minced fresh basil
- 5 oz whole-wheat lasagna pasta
- 1 1/2 cups shredded part-skim mozzarella cheese

Preparation:

1. Heat a large skillet over medium-high. Add beef, onion & garlic. Cook 4-5 minutes, crumbling meat throughout.
2. Add zucchini & mushrooms. Cover & cook 4-5 minutes or until beef is cooked through.
3. Stir in tomato sauce, tomatoes & basil. Break pasta in half & press into sauce. Spoon tomato sauce over pasta until covered. Cover & simmer 15-20 minutes or until pasta is al dente.
4. Top with cheese & serve.

Nutrition Facts

6 servings per recipe
Serving size (462g)

Amount per serving	
Calories	**380**
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 274mg	20%
Iron 5mg	30%
Potassium 1187mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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