



## Skillet Beef Lasagna

**Prep: 30 minutes**

**Bake: 50 minutes • Serves: 6**

- 1 tablespoon olive oil
- 1 medium yellow onion, finely chopped
- 4 garlic cloves, crushed with press
- 2 teaspoons dried Italian seasoning
- 1 pound 93% lean ground beef
- 1 cup shredded low-moisture part-skim mozzarella cheese
- 1½ cups **Muuna® Lowfat Plain Cottage Cheese**
- 1 jar (25 ounces) low sodium marinara sauce
- 9 no-boil lasagna noodles (about 8 ounces)
- Nonstick cooking spray
- ¼ cup grated Parmesan cheese
- Chopped fresh Italian flat-leaf parsley or basil for garnish (optional)

**1.** Preheat oven to 400°. In 2-quart oven-safe skillet or Dutch oven, heat oil over medium heat; add onion and cook 5 minutes or until soft, stirring occasionally. Stir in garlic and Italian seasoning; cook 30 seconds, stirring frequently. Transfer onion mixture to bowl.

**2.** In same skillet, cook beef over medium-high heat 5 minutes or until browned, breaking up beef with side of spoon; drain drippings. Transfer beef to bowl with onion. In small bowl, stir mozzarella cheese and cottage cheese until combined.

**3.** In bottom of same skillet, spread ½ cup sauce. Place 3 noodles over sauce, breaking if necessary to fit; top noodles with ⅓ each of the onion-beef mixture, remaining sauce and cheese mixture. Repeat 2 more layers of noodles, onion-beef mixture, sauce and cheese mixture. Cover with aluminum foil sprayed with nonstick cooking spray or lid.

**4.** Bake 45 minutes or until noodles are tender. Uncover; sprinkle with Parmesan cheese and bake 5 minutes longer or until top is browned. Serve garnished with parsley, if desired.

*Approximate nutritional values per serving:*

*473 Calories, 18g Fat (6g Saturated), 68mg Cholesterol, 545mg Sodium, 41g Carbohydrates, 2g Fiber, 10g Sugars, 34g Protein*