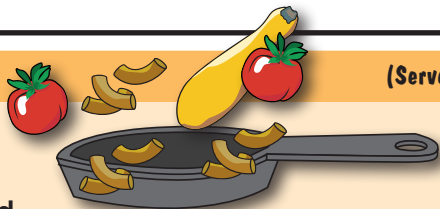


Easy Skillet Lasagna

Ingredients:

- ½ cup chopped onion
- 1 teaspoon olive oil
- 2 zucchini or yellow squash, sliced (fresh or frozen) and chopped into pieces no larger than ½ an inch
- 1 15-ounce can tomatoes
- 1 6-ounce can tomato paste
- 1 ½ cups water
- 2 cups whole wheat pasta, cooked (spirals or elbow macaroni will work best)
- ¾ cup low-fat cottage cheese
- ¼ cup parmesan cheese
- 1 teaspoon garlic powder (optional)
- 1 Tablespoon parsley (optional)



(Serves 6-8)

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Child Health Initiative for Lifelong Eating & Exercise

Directions:

- 1 Chop onion into small pieces and cook in a skillet along with the oil until the onion is soft, about 5 minutes.
- 2 Add tomatoes, tomato paste, vegetables, water, and the optional parsley and garlic powder.
- 3 Bring to a boil and simmer until the sauce is thick, about 25 minutes.
- 4 In the meantime, cook the whole wheat pasta noodles in another pot according to the package directions.
- 5 Add the cooked and drained whole wheat pasta noodles to the tomato and vegetable mixture in the skillet.
- 6 Mix the cottage cheese and parmesan cheese together and add by spoonfuls into the skillet.
- 7 Cover the skillet and cook over low heat for about 5 minutes.
- 8 Allow to cool and serve!

Tips:

1. If whole wheat pasta is a new taste for you, try blending it with regular pasta until you get used to the different flavor and texture.
2. Remember to cut all foods into pieces no larger than $\frac{1}{2}$ an inch before serving to small children.