

#LetsCook30

LAZY WEEKNIGHT LASAGNA

It's called Lazy Lasagna but it should be called the Genius Lasagna. This impressive dish can be on the table in just over 30 minutes yet it tastes just as good as the traditional casserole version (but in way less time!)

Serves: 4

Ready in about: 35 minutes

1 lb	ground beef, chicken or turkey
1 small	onion, chopped
2 medium cloves	garlic, minced
1 medium	red pepper, chopped
8	uncooked lasagna noodles, broken into pieces
1 – 650 mL jar	pasta sauce
1 ¼ cup	water
1/3 cup	mozzarella cheese, shredded

Nutrition Tips

To reduce the saturated fat and increase the fibre in this recipe, we used:

- Whole wheat noodles
- Low fat cheese 20% M.F. or less)
- Lean ground beef

INSTRUCTIONS:

1. In a deep frying pan, cook beef, onion, garlic and red pepper over medium-high heat. Break up the beef and stir occasionally until beef is brown.
2. Place the broken noodles over the meat mixture.
3. Pour pasta sauce and water over pasta.
4. Cover and bring the dish to a simmer, then lower heat to medium and cook, stirring occasionally for about 20 minutes or until pasta is cooked.
5. Remove from heat and sprinkle with mozzarella cheese. Cover for 3 to 5 minutes.

TIPS:

- This is a great dish to use up leftover vegetables. Add them near the end of 20 minutes that the noodles are simmering.
- Freeze leftovers in single serve containers for quick and tasty meals later.
- Both regular and oven-ready lasagna noodles work in this recipe.

Adapted from: Easy Skillet Lasagna, bettycrocker.com. Accessed 2019.

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