

## Lighter Lasagna

1 tablespoon olive oil  
¾ pound lean ground beef (90% lean) or ¾ pound lean ground turkey  
½ small onion, chopped  
2 teaspoon minced garlic  
6 ounces diced tomatoes (canned or fresh)  
1 6-ounce can tomato paste  
1 8-ounce can tomato sauce  
½ cup hot water  
½ teaspoon salt  
¼ teaspoon pepper  
1 teaspoon sweet basil  
1 teaspoon oregano  
¼ cup grated Parmesan cheese  
1 cup (8-ounce) carton small curd fat free cottage cheese  
1 cup (8-ounce) shredded part-skim mozzarella cheese  
6 whole wheat lasagna noodles, cooked & drained

### Directions:

Brown beef in olive oil; drain. Return beef to pan and add onion and garlic, cooking and stirring over medium heat until crumbly and onion, garlic are translucent. Remove from heat.

In a separate bowl, blend with mixer the tomatoes, tomato paste, tomato sauce and ½ cup water.

Stir into the beef mixture: the tomato mixture, salt, pepper, basil, oregano, and Parmesan cheese. Place mixture back over medium heat, simmering uncovered, for 20 minutes.

Arrange half the noodles in an 11x7- inch baking dish. In order, layer half the cottage cheese, half the meat sauce, and half the mozzarella cheese. Repeat layers. Chill in refrigerator, covered, for several hours or overnight. Bake in preheated oven at 350 degrees for 45 minutes before serving.