

LET'S COOK!

QUICK SKILLET "LASAGNA"



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Servings: 4 to 6 Ready in: 35 minutes

1 lb	ground beef
1 small	onion, chopped
2 cloves	garlic, minced
1 medium	red pepper, chopped
8 uncooked	lasagna noodles, broken into pieces
1 650 mL jar (22 oz)	pasta sauce (any variety)
1¼ cup	water
1 cup	mozzarella cheese, shredded
¼ cup	parmesan cheese, grated

NUTRITION TIPS

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

- Low-fat cheese (<20% M.F.)
- Lean ground beef
- Whole wheat lasagna noodles

Add 1 cup of fresh or frozen vegetables of your choosing, such as spinach during step 5.

To learn more about food safety, visit york.ca/FoodSafety

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. Drain fat from meat.
3. Place the broken noodles over the meat mixture.
4. Pour pasta sauce and water over pasta.
5. On medium high heat, cover and bring to a boil. Lower heat to medium-low and simmer, stirring occasionally for about 20 minutes or until pasta is cooked and it reaches an internal temperature of 160°F/71°C.
6. Remove from heat and sprinkle with mozzarella cheese.
7. Cover for 3 to 5 minutes to melt cheese.
8. Sprinkle with parmesan cheese and serve.

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