Lazy Lasagna

Family Serve – Feeds 6-8 (Halve ingredients if your family is smaller)

Ingredients:

2 pounds thawed ground meat (beef and venison work well)
2 (12- ounce) jars no-sugar-added pizza or spaghetti sauce (note: Walmart's Great Value Pizza Sauce has only 3 net carbs)
1½ tablespoons dried oregano
½ teaspoon salt
1 teaspoon onion powder
1 teaspoon garlic powder
1/8 teaspoon cayenne pepper
2 (10- ounce) packages frozen chopped spinach, thawed
1 (8- ounce) package 1/3 less fat cream cheese
1 (14- ounce) container 1% cottage cheese
2 large eggs
8 ounces part-skim mozzarella cheese, grated
¼ cup finely grated Parmesan cheese (for sprinkling over top; green can kind is fine)

1. Preheat the oven to 350 degrees F.
2. Brown the meat in a large skillet over high heat, then drain off any excess fat if necessary. Add the sauce and seasonings, and simmer over low heat for several minutes.
3. Put the spinach in a colander and squeeze and push to get all the liquid out.
4. Put the cream cheese, cottage cheese, and eggs in a food processor and process until smooth.
5. Layer half the meat sauce in the bottom of a 9x13 inch baking dish. Top with half the cheese mixture, then layer on half the spinach. Follow with half the mozzarella. Repeat the layers, ending with the mozzarella. Top with a good sprinkling of Parmesan cheese. Bake for 40 minutes or until bubbly.

Hallie Woolverton Anderson County Junior – Protein