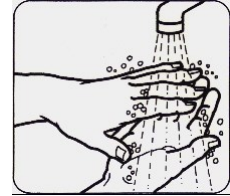


Easy Cheese Lasagna

1 can (15 ozs.) tomato sauce (no added salt)
1 jar (14 ozs) spaghetti sauce
1 container (16 ozs.) 1 % low-fat cottage cheese
1 package (8 ozs.) shredded part skim mozzarella cheese
1/2 cup grated Parmesan cheese
Cooking spray for baking pan
9 lasagna noodles, uncooked



Preheat oven to 350°. In a small bowl combine tomato and spaghetti sauces; set aside. In another small bowl combine cottage and Parmesan cheeses. Spray a 9" X 13" baking pan; line bottom with 3 uncooked lasagna noodles. Cover with 1/3 of the sauce, 1/3 of the cottage cheese mixture and 1/3 of the mozzarella. Repeat layering 2 more times with noodles, sauce and cheeses. Cover tightly with foil. Bake for 1 hour.

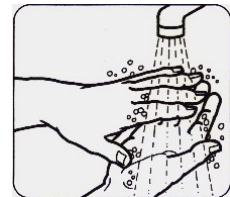
NOTE: After removing from oven, lasagna must stand for 15 minutes before serving to allow noodles to absorb moisture and soften.

Yield: 12 servings



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Easy Cheese Lasagna

Nutrition Facts

Serving Size (149g)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 770mg **32%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 14g

Vitamin A 10% • Vitamin C 6%

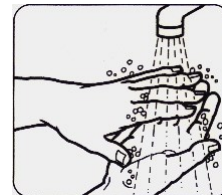
Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



4-H
Cooking
in the
Kitchen

Easy Cheese Lasagna

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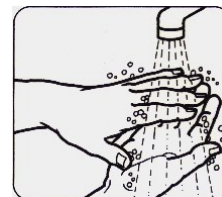
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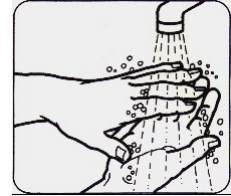
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Cooking
in the
Kitchen

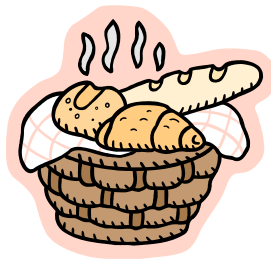
French Bread with Garlic

1 loaf whole grain French bread
4 Tablespoons unsalted butter
2 Tablespoons garlic powder



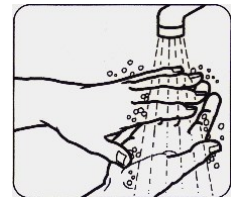
Preheat oven to 450°. Slice French bread into serving pieces. Spread butter over each slice and place on a baking sheet. Sprinkle a small amount of garlic powder on each slice. Toast the bread for about 3 minutes or until lightly browned.

Yield: Approximately 10 servings



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Yield: Approximately 10 servings



French Bread with Garlic

Nutrition Facts

Serving Size (14g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 40**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 40mg **2%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 0%

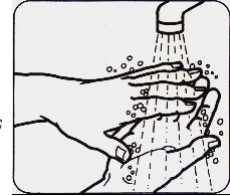
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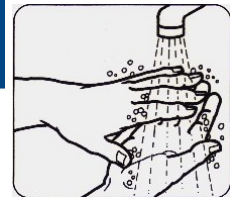
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