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

Servina Size (149a)

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 10r	ng 3 %
Sodium 770mg	32%
Total Carbohyd	rate 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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4











Cooking in the Kitchen

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Sugars 5g	
Protein 14g	
Vitamin A 10%	 Vitamin C 6%

Calcium 20%	 Iron 6%
	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 Less than 80g Saturated Fat Less than Cholesterol Less than 25g 300mg 300mg 2,400mg 300g 2,400mg 375g Sodium Total Carbohydrate Dietary Fiber

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4











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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French Bread with Garlic

Nutrition Facts

Serving Size (14g)

depending on your calorie needs Calories: 2,

Saturated Fat Less than

Less than

Less than

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber

Servings Per C	
Amount Per Servin	g
Calories 60	Calories from Fat 4
	% Daily Value
Total Fat 5g	8%
Saturated Fa	t 3g 15 %
Trans Fat 0g	
Cholesterol 10	mg 3 %
Sodium 40mg	2%
Total Carbohy	drate 4g 19
Dietary Fiber	0g 0 %
Sugars 0g	
Protein 1g	
Vitamin A 2%	 Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower	











Cooking in the Kitchen

French Bread with Garlic

2,000

20q

300mg 2,400mg

300g

25g

2,500

25q

2.400ma

375g

30g

Nutrition Facts

Serving Size (14g) Servings Per Container			
Amount Per Serving			
Calories 60	alories from Fat 40		
	% Daily Value*		
Total Fat 5g	8%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 10mg 3°			
Sodium 40mg 2%			
Total Carbohydra	e 4g 1%		
Dietary Fiber 0g 0%			
Sugars 0g			
Protein 1g			
Vitamin A 2%	Vitamin C 0%		
Calcium 0%	Iron 2%		
*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 th Saturated Fat Less th Cholesterol Less th Sodium Less th Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	an 65g 80g an 20g 25g an 300mg 300mg an 2,400mg 2,400mg 300g 375g 25g 30g		











Cooking in the Kitchen