Dinner Tonight!

Skillet Lasagna

1 pound lean ground beef
2 green peppers, chopped
1 1/2 tsp. cloves garlic, minced
1/4 onion, chopped
2 cans (15 ounce) tomato sauce
1 cup water
1/4 cup Italian dressing
12 oven-ready wheat lasagna noodles, broken into quarters
1 cup shredded low-moisture part-skim Mozzarella cheese

In a large sauce pan, brown meat and drain excess fat. Add peppers, onion, garlic, tomato sauce, water, and dressing and bring to a boil. Stir in noodles and cover. Cook on medium heat 10 to 15 minutes or until noodles are tender, stirring often. Remove from heat and sprinkle with cheese; cover and let stand 5 minutes or until cheese is melted.

Preparation Time: 20 minutes
Cook Time: 35 minutes
Serves: 6

Cost per serving for 6 people is $1.40 and for 8 it is $1.05

Nutrition facts per serving:
Calories: 360
Total Fat: 10 g
Cholesterol: 50 mg
Sodium: 330 mg
Total Carbohydrate: 39 g
Protein: 28 g

Serve with: Toasted Wheat Bread, Salad, Avocado