

## Skillet Pasta

Yield: 8 servings

Serving size: 1 ½ cups

### Ingredients:

- 1 pound lean ground beef or turkey
- 2 cans no salt diced tomatoes (14.5 oz.)
- 1 can no salt tomato sauce (15 oz.)
- 16 ounces low-fat cottage cheese
- 1 cup low-fat mozzarella cheese
- 12 ounce bag whole wheat short-cut pasta, such as macaroni or shells
- 1 ½ teaspoon dried parsley
- 1 ½ teaspoon dried oregano
- 2 tablespoon dried Italian seasoning

### Directions:

1. In large, deep skillet with lid, brown ground meat over medium high heat. Drain any leftover fat after cooking.
2. Add in tomatoes, tomato sauce, parsley, oregano, and Italian seasoning. Stir in 2 cups water. Heat until simmering.
3. Stir in uncooked pasta. Cover and cook over medium heat until noodles are soft. Stir occasionally to prevent sticking. Add ¼ cup water if it seems too dry to finish cooking pasta.
4. Stir in cottage cheese and mozzarella. Remove from heat and let stand 5 minutes.

**Tip:** Try adding spinach or zucchini.

### Nutrition Information per Serving:

Calories 272, Fat 8g, Protein 25g, Carbohydrate 24g, Fiber 3g, Sodium 462mg

