SKILLET LASAGNA

Number of servings: 8

Ingredients:
1 cup cooked chicken OR turkey
1 (25-26.5-ounce) jar spaghetti sauce
salt and pepper to taste
2 cups uncooked macaroni
2 cups water
2 (10-ounce) boxes frozen spinach
1 cup grated cheese

Directions:
1. DICE or SHRED chicken OR turkey.
2. In a large skillet or large pot, COMBINE chicken OR turkey, sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

Variations:
Substitute tofu for meat (one block mashed and drained).

Nutrition Facts
Serving Size: 1 cup (279g)
Serving Per Container: 8
Amount Per Serving
Calories 230 Calories from Fat 50
% Daily Value*
Total Fat 6g 9 %
Saturated Fat 2.5g 13 %
Trans Fat 0g 0 %
Cholesterol 25mg 8 %
Sodium 700mg 29 %
Total Carbohydrate 33g 11 %
Dietary Fiber 5g 20 %
Sugars 8g
Protein 15g

Vitamin A 120% Vitamin C 20%
Calcium 20% Iron 15%

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

Always Practice Safe Food Handling Techniques. Refer to Pages 98-101.