

# Skillet Lasagna

Make this easy, indulgent-tasting skillet lasagna with extra-lean ground beef, ground turkey, or ground chicken breast.

By **BHG Test Kitchen** | Published on August 18, 2016

**Total Time:** 30 mins

## Ingredients

Nonstick cooking spray

8 ounce ground turkey or extra-lean ground beef (93% lean)\*

$\frac{3}{4}$  cup chopped green, red, or yellow sweet pepper

$\frac{1}{2}$  cup chopped onion

2 cloves garlic, minced

1 23.5 ounce jar light traditional-flavored pasta sauce, such as Prego Heart Smart

1 cup water

2 cup packaged sliced fresh mushrooms

3 cup dried wide egg noodles

$\frac{1}{2}$  cup light ricotta cheese

2 tablespoon grated Parmesan or Romano cheese

$\frac{1}{2}$  teaspoon dried Italian seasoning, crushed

$\frac{1}{2}$  cup shredded part-skim mozzarella cheese (2 oz.)

## Directions

### Step 1

Coat an extra-large nonstick skillet with cooking spray; heat skillet over medium heat. Cook beef, sweet pepper, onion, and garlic until meat is browned; stirring to break up meat as it cooks. Drain off any fat. Stir in pasta sauce and water. Bring to boiling. Add mushrooms and uncooked noodles; stir to separate noodles. Return to boiling; reduce heat. Cover and gently boil about 10 minutes or until pasta is tender, stirring occasionally.

### Step 2

Meanwhile, in a bowl stir together ricotta, Parmesan, and Italian seasoning. Drop cheese mixture by spoonfuls into 10 small mounds (about 1 tablespoon each) on top pasta mixture in skillet. Sprinkle each mound with mozzarella. Reduce heat to low. Cook, covered, 4 to 5 minutes or until cheese mixture is heated and mozzarella is melted. Serve immediately.

### \*Tip

Ground turkey breast and ground chicken breast are great alternatives to extra-lean ground beef.

# Nutrition Facts

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Per serving: 315 calories; total fat 9g; saturated fat 4g; cholesterol 61mg; sodium 556mg; total carbohydrate 37g; total sugars 15g; protein 21g; vitamin c 23mg; calcium 164mg; iron 3.1mg; potassium 846mg; folate, total 69mcg; vitamin b-12 1.2mcg; vitamin b-6 0.4mg