

Mama's Lasagna

Recipe courtesy of Food Network



Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	10 min	Easy	6 to 8 servings
Cook Time:	1 hr		



Ingredients:

- 1 tablespoon olive oil, plus extra for pan
- 1 pound ground beef or turkey
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 (14.5-ounce) can stewed tomatoes, chopped
- 1 (8-ounce) jar tomato sauce or homemade sauce
- 1 (6-ounce) can tomato paste
- 1 (8-ounce) box no-boil lasagna noodles
- 2 large eggs
- 2 cups  cottage cheese
- 1/2 cup grated Parmesan
- 2 teaspoons freshly chopped parsley leaves
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon seasoning salt
- 1 (8-ounce) bag shredded mozzarella
- 1 (8-ounce) bag shredded Cheddar

Directions

Preheat oven to 375 degrees F. Lightly oil the bottom of a 13 by 9 by 2-inch baking dish.

In a large saute pan, over medium-high heat, add 1 tablespoon oil and saute meat, onion, and garlic until meat is browned, breaking up meat with a wooden spoon. Drain pan of fat and add stewed tomatoes, tomato sauce, and tomato paste. Cover and simmer for 15 minutes, stirring occasionally.

In a large bowl, whisk together eggs, then mix in cottage cheese, 1/2 cup Parmesan, parsley, salt, pepper, and seasoning salt.

Spread a little of the meat sauce in the bottom of the prepared pan. Lay half the noodles in the bottom of the baking dish, overlapping by 1/2-inch. Spread half the egg and cottage cheese mixture evenly on top. Sprinkle half the mozzarella and Cheddar evenly over the cottage cheese mixture. Pour half the meat sauce on top. Repeat layering in same order. Sprinkle remaining 1/4 cup Parmesan on top. Bake in center of oven 30 to 35 minutes until sauce is bubbling around the edges. Let stand 10 minutes before serving.

Lasagna with Spinach and Cottage Cheese

Recipe courtesy of New York Times Recipes for Health

Yield: Serves 6

Ingredients:

- 1 1/2 cups  Low-Fat or Nonfat cottage cheese
- 2 1/2 cups fresh tomato sauce or simple marinara sauce made with canned tomatoes
- 12 ounces baby spinach, or 1 generous bunch spinach (about 12 ounces), stemmed and washed
- Salt and freshly ground pepper
- 1/2 pound no-boil lasagna noodles
- 1/2 cup freshly grated Parmesan (2 ounces)
- 2 tablespoons bread crumbs
- 1 tablespoon extra virgin olive oil



Directions

1. Preheat the oven to 375 degrees. Oil a 2-quart baking dish or lasagna dish. Bring a large pot of water to a boil.
2. Place the cottage cheese in a food processor fitted with the steel blade, and blend until smooth. Add 1/2 cup of the tomato sauce, and blend until smooth. Scrape into a bowl.
3. Wash the spinach, and wilt in a large frying pan over high heat in the water left on the leaves after washing. Transfer to a colander, rinse briefly and squeeze out excess water. Chop fine (by hand or in a food processor), then stir the spinach into the cottage cheese. Season to taste with salt and pepper.
4. When the water comes to a boil, salt generously and add enough lasagna noodles to cover the surface of the baking dish (for my rectangular dish, that's three lasagna noodles). Boil just until the pasta is flexible, about two or three minutes for no-boil lasagna. Using tongs, remove the pasta from the water, and drain on a clean dish towel. Spread a thin layer of tomato sauce on the bottom of the baking dish, and top with a layer of noodles. Top the noodles with a third of the cottage cheese mixture. Use a spatula to spread it evenly over the noodles. Top with 1/2 cup of the tomato sauce, and spread in an even layer. Sprinkle on 2 tablespoons of the Parmesan.
5. Repeat these layers two more times, using up the cottage cheese/spinach mixture but retaining tomato sauce and Parmesan for the top layer. Cook one more batch of lasagna noodles, and top with the remaining tomato sauce and Parmesan. Sprinkle on the bread crumbs, and drizzle on the olive oil. Cover tightly with foil, place in the oven and bake for 30 minutes until bubbling. If you wish to brown the top, uncover and continue to bake until the top just begins to color, about five minutes. Remove from the heat, allow to sit for five to 10 minutes, and serve.

Advance preparation: The lasagna can be assembled up to a day ahead of time, covered with plastic and refrigerated. Replace the plastic with foil before baking. It can also be frozen for up to a month.

Lighter Creamy White Bean Dip

Recipe courtesy of Food Network



Prep Time:	5 min	Level:	Serves:
Inactive Prep Time:	30 min	Easy	1 ¾ cups
Cook Time:	--		



Ingredients:

- 2/3 cup  Low Fat cottage cheese
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon dried thyme
- One 15.5-ounce can cannellini beans, rinsed and drained
- Kosher salt and freshly ground black pepper
- 2 teaspoons good quality olive oil
- Pinch smoked or sweet paprika
- Chopped chives, for garnish

Directions

Combine the cottage cheese, vinegar, thyme, beans, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor. Puree until smooth, scraping down the sides of the bowl as needed. Chill 30 minutes to 1 hour.

Transfer to a serving bowl and drizzle with the olive oil, sprinkle with the paprika and garnish with chives.

SERVES: 7 (0.25 cup per serving); Calories: 83; Total Fat: 2 grams; Saturated Fat: 0 grams; Protein: 6 grams; Total carbohydrates: 11 grams; Sugar: 2 grams Fiber: 3 grams; Cholesterol: 2 milligrams; Sodium: 360 milligrams

Raspberry Cream

Recipe courtesy of New York Times Recipes for Health

Serves: Makes 3 cups, about 8 servings



This simple dessert is a perfect destination for frozen raspberries, which throw off a lot of juice when they thaw. Serve it as a dessert, a breakfast, a topping for toast or a snack.

Ingredients:

1 12-ounce package frozen raspberries

1 to 2 tablespoons sugar (to taste)

1 tablespoon fresh lemon juice

1 teaspoon finely chopped lemon zest

1 1/2 cups  Low-Fat or Nonfat cottage cheese

1/3 cup plain low-fat or nonfat yogurt

Directions

1. Empty the frozen berries into a bowl. Toss with the sugar, and place in the refrigerator for several hours to thaw. Add the lemon juice and lemon zest, and stir together.
2. In a food processor fitted with the steel blade, blend the cottage cheese until smooth. Add the yogurt, and continue to blend until there is no graininess. Stir into the berries. Serve at once, or chill in a covered bowl in the refrigerator.

Advance preparation: This dish will keep for two or three days in the refrigerator.

Nutritional information per serving (using 2 percent low-fat cottage cheese): 77 [calories](#); 1 gram fat; 1 gram [saturated fat](#); 5 milligrams [cholesterol](#); 11 grams [carbohydrates](#); 2 grams [dietary fiber](#); 147 milligrams sodium (does not include salt added during preparation); 6 grams protein

Nutritional information per serving (using fat-free cottage cheese): 71 calories; 0 grams fat; 0 grams saturated fat; 2 milligrams cholesterol; 12 grams carbohydrates; 2 grams dietary fiber; 169 milligrams sodium (does not include salt added during preparation); 6 grams protein