

Skillet-Style Lasagna

Simple Every Day | March 2008



Love lasagna but can't wait for it to bake? This hearty stovetop version tastes as good as the traditional form and takes just minutes to make.

- 6 DRIED LASAGNA NOODLES, BROKEN INTO 2-3-INCH PIECES
- 12 OZ. BULK ITALIAN SAUSAGE
- 1/2 CUP CHOPPED ONION
- 1 MEDIUM ZUCCHINI, COARSELY SHREDDED (ABOUT 1 1/2 CUPS)
- 1 24-26-OZ. JAR MUSHROOM PASTA SAUCE OR MARINARA SAUCE
- 1 CUP LIGHT RICOTTA CHEESE (ABOUT 1/2 OF A 15-OZ. CARTON)
- 3/4 CUP SHREDDED MOZZARELLA CHEESE (3 OZ.)
- 2 TBSP. GRATED PARMESAN OR ROMANO CHEESE

Cook pasta according to package directions. Drain thoroughly. In a 10-inch skillet cook sausage and onion over medium heat until sausage is no longer pink, stirring to break up sausage as it cooks. Add zucchini; cook and stir for 1 minute. Drain off fat. Remove meat mixture from skillet. In the same skillet arrange about half of the lasagna-noodle pieces. Cover with about half of the pasta sauce. Spoon cooked meat mixture over sauce. Spoon ricotta in mounds atop meat mixture and sprinkle with 1/4 cup of the mozzarella cheese. Arrange remaining lasagna-noodle pieces atop cheese. Top with remaining pasta sauce and mozzarella cheese. Sprinkle with Parmesan cheese. Cook, covered, over medium heat about 10 minutes or until heated through and cheese is melted. Remove skillet from heat. Let stand, uncovered, for 5 minutes before serving. Makes 6 servings.

Per serving: 442 cal., 25 g fat (10 g sat. fat), 62 mg chol., 961 mg sodium, 32 g carbo., 3 g fiber, 21 g pro.

FLEXIBLE FLAVOR

The pasta sauce you use has a big impact on the flavor of this dish. Any tomato-base sauce works—fire-roasted, four-cheese, vodka, olive, or spicy diavolo. Give it a health boost with whole-grain noodles or swap out the zucchini for shredded carrots, yellow squash, chopped spinach, mushrooms, or sweet peppers.