Grab ‘n’ Go Dinner for Tonight

Quick Skillet Lasagna
Serves: 6

Ingredients:	Where to find it:
Nonstick cooking spray	Aisle 5
8 oz lean ground beef (*6 oz of frozen soy crumbles for vegetarian dish)	Meat Dept (*Huckleberry’s)
1 medium onion, chopped	Produce
4 oz sliced mushrooms	Produce
1 Tbsp balsamic vinegar	Aisle 1
2 tsp Italian seasoning, divided	Aisle 5
1 cup fat free ricotta cheese	Refrigerated cheeses
4 lasagna noodles, broken into large pieces	Aisle 2
1 (14.5 oz) can no salt added diced tomatoes, not drained	Aisle 3
1 (1lb 10 oz) jar chunky spaghetti sauce	Aisle 2
1/2 cup shredded Italian Blend cheese	Refrigerated cheeses

1. Heat a large nonstick skillet over medium-high heat; spray with cooking spray. Cook ground beef, onion and mushrooms together until beef is lightly browned, about 3 or 4 minutes. Drain off any fat.
2. Add balsamic vinegar and 1 tsp of Italian seasoning; stir to combine. Dollop ricotta cheese, by rounded tablespoons, over meat mixture. Top with broken noodles, making one flat layer (noodles will overlap a bit.)
3. Pour tomatoes over noodles; top with spaghetti sauce. Make sure noodles are completely covered. Sprinkle with remaining 1 tsp Italian seasoning. Cover skillet and return to boil; reduce heat to medium low and simmer, covered, for about 15 minutes, or until lasagna noodles are tender.
4. Uncover pan and remove from heat. Sprinkle shredded cheese over top; re-cover the pan and let stand until cheese melts, about 2 minutes.

Quick Skillet Lasagna
Servings Per Meal (6)

Amount Per Serving	
Calories 380	**Calories from fat 100**
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4.5g	23%
Cholesterol 65mg	22%
Sodium 680mg	28%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 29g	

Vitamin A 20% • **Vitamin C** 25%
Calcium 20% • **Iron** 25%

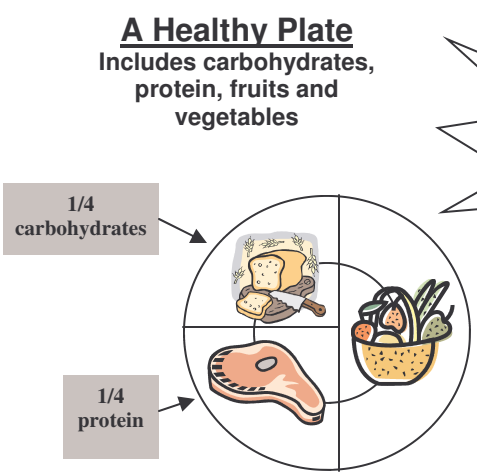
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables



Create a healthy plate by adding fresh orange wedges and a slice of French bread.

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $1.83

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.