

## Combo Meals: Protein and Carb Recipes

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### My Favorite Lasagna

*This lasagna is one of my personal favorites. Using an all-natural pre-made sauce saves time, and nobody knows the difference!*

#### *Ingredients*

- 1 8-ounce box of whole wheat lasagna noodles
- 1 10-ounce jar of marinara sauce (choose an all-natural sauce like Barilla, Bertolli, or Newman's Own)
- 1 pound lean ground beef or ground white turkey breast (96% lean)
- 1 24-ounce carton low-fat cottage cheese (1% or less)
- 1 ½ cup mozzarella (2%), shredded

#### *Directions*

1. Preheat the oven to 350° F.
2. Begin boiling the water for the lasagna noodles. When it's ready, cook the noodles per the package directions. While you're doing that, brown the ground beef until it's completely cooked. Break it up into small pieces and season them lightly with salt and pepper.
3. Combine the browned beef and marinara sauce in a medium bowl.
4. Once the noodles are cooked and drained, in a lightly greased 9 x 13 casserole dish, begin your layers: put a very light coating of the marinara-beef mixture on the bottom; then place one layer of noodles over that; followed by a layer of sauce; then cottage cheese; and, finally, mozzarella cheese. Repeat these layers, making sure the top layer is cheese.
5. Bake for about one hour (depends on your oven).