

## Modified Lasagna

Servings: 7

- ½ pound lean ground beef
- ½ pound Italian sausage
- ½ onion, chopped
- 3 garlic cloves, minced
- 1 can diced tomatoes
- 1 can tomato sauce
- ½ can tomato paste
- ½ cup red wine
- 12 lasagna noodles
- ½ cup sweet red peppers
- ½ large bay leaf, chopped
- 1 TBL crushed basil
- 1 TBL dried oregano
- ½ TBL brown sugar
- 2 TBL fresh parsley, chopped
- ½ cup grated Parmesan cheese
- ½ pound mozzarella cheese
- 1 ½ cup low-fat cottage cheese

1. In a skillet, brown meat, onion, garlic; drain fat.
2. Preheat oven to 375°F. Add tomato sauce, diced tomatoes, and tomato paste to skillet.
3. Stir in wine, sweet peppers, bay leaf, basil, oregano, and brown sugar. Bring to a boil and simmer for 45 minutes, stirring frequently.
4. Cook lasagna noodles in lightly salted boiling water. Lay noodles on towel and blot dry.
5. In a 9x13 baking dish, layer meat sauce, noodles, meat sauce, 1/3 cottage cheese, 1/3 mozzarella, 1/3 parmesan. Repeat until all ingredients have been used. Sprinkle top with remaining Parmesan cheese.
6. Bake for 30-45 minutes.

### **Nutrition Facts per serving:**

Calories: 390; Fat: 21 grams