

- » 1/2 cup (125 mL) tomato sauce
- » 3 tablespoons (45 mL) water
- » 1 tablespoon (15 mL) onion
- » 1/2 teaspoon (1 mL) garlic powder
- » 1/2 teaspoon (3 mL) oregano
- » salt and pepper to taste
- » 1/4 cup (60 mL) large curd cottage cheese
- » 1 egg
- » 1 1/2 cups (375 mL) lasagna noodles (cooked)
- » 2 ounces (60 g) mozzarella cheese
- » 1 tablespoon (15 mL) parmesan cheese

YIELD: 1 serving

EXCHANGE: 3 high-fat meat, 3 bread

CALORIES: 350

Combine tomato sauce, water, onion, garlic powder, oregano, salt, and pepper. Thoroughly blend together cottage cheese and egg. Spread small amount of sauce into bottom of individual baking dish. Alternate layers of noodles, sauce, cottage cheese mixture, and mozzarella cheese. Top with parmesan cheese. Bake at 375°F (190°C) for 30 minutes.

MICROWAVE: Cook on High for 10 minutes.