

# Lazy Skillet Lasagna

*Katie Workman - Katie Workman's Dinner Solved!*

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## Servings: 8

2 tablespoons olive oil  
1 1/2 cups onions, chopped  
1 tablespoon garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon coarse salt  
freshly ground black pepper  
2 cans (28 ounce ea) crushed tomatoes  
1 medium zucchini, sliced in half lengthwise and thinly sliced into half-moons  
1 package (5 ounce) baby spinach leaves  
1 package (8 ounce) no-boil lasagna noodles  
1 container (16 ounce) part-skim ricotta cheese  
3 cups mozzarella cheese, shredded  
1/4 cup freshly grated Parmesan cheese (optional)  
1/2 cup fresh basil (optional), chopped

In a twelve-inch or larger deep-sided skillet with a lid, heat the olive oil over medium-high heat. Add the onions and garlic and cook until tender, about 5 minutes. Stir in the oregano, basil, salt and pepper. Add the tomatoes. Bring to a simmer and cook for 10 minutes.

Stir in the zucchini and spinach. Cook until the vegetables are limp and well blended, 5 to 8 minutes.

Break the noodles into halves or thirds. Push the noodles, including any stray pieces, into the sauce mixture, submerging everything as evenly as possible. Reduce the heat to medium. Cover and simmer until the noodles start to soften, about 10 minutes. Lift the lid and stir gently to redistribute the noodles.

When the noodles have softened slightly, stir in the ricotta and half of the mozzarella, using a spoon to fold and tuck in the cheeses among the noodles, swirling around but not blending completely.

Sprinkle the remaining mozzarella and Parmesan, if using, over the top. Cover the pan and simmer until the noodles are tender, about another 10 minutes.

Let stand, uncovered, to firm up for about 10 minutes before serving. Sprinkle fresh basil on top, if using.

*Option: At the end of step one, add one pound of diced, cooked boneless, skinless chicken breast or thighs OR crumbled chicken sausage.*

*Make ahead: The sauce can be made up through step one and refrigerated, covered, for up to five days or frozen for up to four months. Defrost fully before continuing the recipe.*

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Per Serving (excluding unknown items): 230 Calories; 16g Fat (63.5% calories from fat); 14g Protein; 8g Carbohydrate; 1g Dietary Fiber; 47mg Cholesterol; 354mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 Fat.

Pasta

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	230	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	63.5%	<b>Vitamin B12 (mcg):</b>	.4mcg
<b>% Calories from Carbohydrates:</b>	13.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	23.5%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	16g	<b>Folacin (mcg):</b>	21mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	47mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	8g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	14g		
<b>Sodium (mg):</b>	354mg		
<b>Potassium (mg):</b>	236mg		
<b>Calcium (mg):</b>	353mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	6mg		
<b>Vitamin A (i.u.):</b>	738IU		
<b>Vitamin A (r.e.):</b>	177 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 230 **Calories from Fat:** 146

### % Daily Values\*

<b>Total Fat</b> 16g	25%
Saturated Fat 9g	43%
<b>Cholesterol</b> 47mg	16%
<b>Sodium</b> 354mg	15%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 14g	
<b>Vitamin A</b>	15%
<b>Vitamin C</b>	10%
<b>Calcium</b>	35%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.