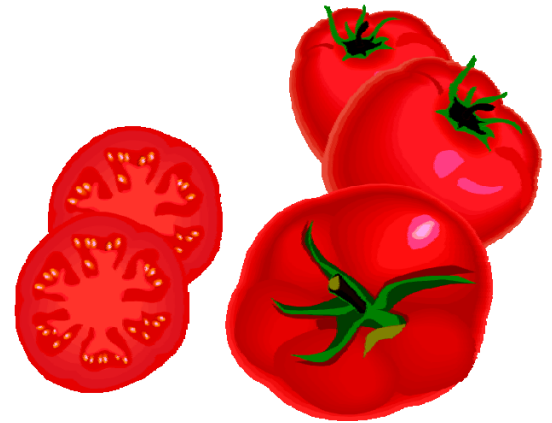


# Individual Pocket Lasagna

Preheat oven to 400 degrees. Make sure that you have a parent or adult to supervise the baking of this recipe.

Layer on a 12" x 20" piece of heavy duty tin foil:

- 2 tablespoons marinara or spaghetti sauce (jar variety is great to use)
- 1 oven ready or no bake lasagna noodle\*
- 1 tablespoon lowfat cottage cheese
- 1 tablespoon cooked (or defrosted) spinach (drained)
- 1 teaspoon parmesan cheese
- 1 tablespoon lowfat (skim) mozzarella cheese
- 2 precooked turkey meatballs (cut in half or crumbled)\*\*
- 2 tablespoons marinara or spaghetti sauce
- 1 oven ready or no bake lasagna noodle\*
- 2 tablespoons marinara or spaghetti sauce
- 1 teaspoon parmesan cheese
- 1 tablespoon lowfat (skim) mozzarella cheese



Bring up the sides of the tin foil square to form a loose pocket around the lasagna and crimp the sides.

Bake for 30 minutes in a 400° oven. Let the pocket “rest” for 5 minutes before opening tin foil.

\* Barilla pasta has an excellent no bake lasagna noodle and is available in most grocery stores.

\*\* Precooked frozen turkey meatballs are available in most grocery stores. Defrost the meatballs prior to use.