



## SKILLET LASAGNA

**Number of servings:** 9

**Ingredients:**

- 1 cup cooked chicken OR turkey
- 1 (24-ounce) jar spaghetti sauce
- 1 (8-ounce) can tomato sauce
- salt and pepper to taste
- 2 cups uncooked macaroni
- 2½ cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup shredded cheese

**Directions:**

1. DICE or SHRED chicken OR turkey.
2. In a large skillet or large pot, COMBINE chicken OR turkey, spaghetti sauce, tomato sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

**Variation:**

Substitute tofu for meat (one block drained and mashed).

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



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