Lasagna

Beef Mixture:

- 1 pound ground beef
- ½ pound Italian sausage
- 1/2 cup white onion, diced
- 2 cloves garlic, minced
- 2 cups marinara

Cheese Mixture:

- 2 c. low fat cottages cheese
- 1/2 cup grated parmesan cheese
- 1 large egg
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3 cups shredded mozzarella cheese
- 1 package egg wraps, (I used Italian egglife wraps)

Instructions

1. Preheat oven to 350 degrees and grease a 9x13 casserole dish.
2. For the beef mixture: In a large skillet, brown the beef and sausage together with onion. Add the garlic for the last minute of cooking. Drain any fat. Add marinara after the meat is fully cooked. Set aside.
3. For the cheese mixture: In a bowl stir together the ricotta, parmesan, egg, Italian seasoning, salt and pepper.
4. Begin layering in the 9x13 baking dish with 1/3 of the meat mixture. Next, lay 2 egg wraps on top of the meat. You can tear them or just layer them. Spread 1/3 of the cheese mixture on top of the egg wraps. Top with 1 cup of the mozzarella. Repeat the layers two more times.
5. Bake at 350 for 15 min or until cheese is bubbly and browning. Turn the heat up to broil for the last few minutes to help brown the cheese.

Serving size:
1/12 of pan

Nutrition:
330 calories
10 g carb
19 g fat
33 g protein