Potato Cheese Soup

- 4 potatoes
- 1 cup water
- 1/4 teaspoon salt, if desired
- 1/2 teaspoon pepper
- 1 1/2 cups milk
- 1/2 cup grated cheese

Peel and quarter the potatoes. Place in a pan with the water, salt, if desired, and pepper. Cover and bring to a boil. Continue boiling, covered, until potatoes are soft enough to mash (about 5 minutes). Without draining, mash the potatoes. Add milk and blend until smooth. Add cheese and reheat (about 2 minutes) until soup is warm clear through and cheese is melted.

Lasagna

- 4 ounces lasagna noodles (about 4 1/2 noodles)
- 1/2 pound ground beef
- 1 onion, chopped
- 1 (16 ounce) can spaghetti sauce - OR - 2 teaspoons basil
- 1 (16 ounce) can tomato sauce 1 teaspoon oregano
- nonstick spray 1 cup low-fat cottage cheese
- 1 cup mozzarella cheese, shredded 1/2 cup grated Parmesan cheese

Cook lasagna noodles according to package instructions. Brown beef with onion and garlic. Drain off fat. Add spaghetti sauce or tomato sauce and spices. Spray a 9 X 9 baking pan with nonstick spray (or lightly oil). Layer half the noodles on the bottom of the pan. Spread half the meat mixture, then half the cottage cheese and half the mozzarella cheese. Repeat those layers. Top with Parmesan cheese. Bake covered, at 350 for 40 minutes.
Nutrition Facts using skim milk, cheddar cheese, and no salt

Servings Per Recipe  4
Amount Per Serving
Calories  222  29% of total calories from fat
Total Fat  7g  Sodium 126mg
*Vitamin A  8%
*Calcium  19%
  *Percentage Daily Values

Serving Suggestion: This recipe is high in fat and sodium. Serve with 1 slice French bread, 1/2 cup fruit cocktail, and 1 cup skim milk to bring the fat content to 26% of the total calories. To lower the total fat in the recipe, use ground turkey instead of ground beef. To lower the sodium content, use low-sodium cheeses and low-sodium spaghetti or tomato sauce.