

# Mom's Cottage Cheese Lasagna

Yield: 8 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meat-and-cheese-lasagna-recipe>

## Ingredients:

- 1 pound ground beef
- 1 pound italian sausage
- 1 yellow onion chopped
- 3 cloves garlic minced
- 1 pinch red pepper flakes optional
- 24 ounces pasta sauce jar your favorite, I like a marinara
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 1 1/2 cups small curd cottage cheese full fat
- 1 egg
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 12 lasagna noodles
- 3 cups shredded mozzarella cheese
- 2 cups swiss cheese shredded baby

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 180 milligrams
4. Fat: 49 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 23 grams
8. Sodium: 1650 milligrams
9. Sugar: 10 grams

10. TransFat: 0.5 grams

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