

Elizabeth's Healthy Pick of the Week



Friendship Cottage Cheese



Why it's healthy:

<ul style="list-style-type: none"> • Low in calories - 80 for nonfat; 90 for 1% variety • Contains between 10-16 grams of protein • Does not contain antibiotics 	<ul style="list-style-type: none"> • Low in fat • Certified Kosher • Serving size: ½ cup (113 g)
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Cottage cheese is so versatile. It is a great substitute for ricotta cheese (171 calories; 10 grams fat; 14 g protein) in your favorite pasta dish, sour cream (163.5 calories; 12.5 grams fat; 3.5 g protein) in a creamy dip or vegetable oil (913 calories; 109 grams fat; 0 g protein) to scrumptious baked goods. As you see, ½ cup serving of each: ricotta cheese (part-skim), sour cream (reduced fat) and canola oil contain more calories, more fat and less protein than Friendship Cottage Cheeses. Which would you rather use?

No-Fail Baked Seafood Lasagna



12 servings | **Active Time:** 30 minutes | **Total Time:** 1 hour, 15 minutes

Ingredients

3 tablespoons butter 3 tablespoons flour 3 cups milk ½ cup KRAFT Grated Parmesan Cheese 1 package (10 oz.) frozen chopped spinach, thawed, drained 1 cup FRIENDSHIP Cottage Cheese	1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided 1/8 teaspoon ground nutmeg 9 lasagna noodles, cooked, drained ½ pound deveined peeled medium shrimp, cooked 2 cans (6 oz. each) crabmeat, drained, flaked
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Preparation

1. **HEAT** oven to 350°F.
2. **MELT** butter in large saucepan on medium heat. Whisk in flour until well blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; simmer on low heat 3 to 5 minutes or until thickened, stirring constantly. Remove from heat. Stir in Parmesan; set aside. Mix spinach, cottage cheese, 2/3 cup mozzarella and nutmeg.
3. **SPREAD** 2/3 cup Parmesan sauce onto bottom of 13 x 9-inch pan. Cover with 3 lasagna noodles and layers of half each of the shrimp, crabmeat and spinach mixture; top with 2/3 cup of the remaining Parmesan sauce. Repeat layers, starting with the noodles. Top with remaining noodles, Parmesan cheese sauce and mozzarella; cover.
4. **BAKE** 45 minutes or until heated through, uncovering after 25 minutes Let stand 10 minutes before cutting to serve.

Nutrition

Per serving: 260 Calories; 9 g Fat; 5 g Sat. Fat; 75 mg Cholesterol; 23 g Carbohydrates; 21 g Protein; 2 g Fiber; 580 mg Sodium

Recipe From www.kraftrecipes.com/recipes

Recipe Provided by Elizabeth M. Madison, **Holiday Farms** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617