

# Betty's Lasagna

*Betty Fleming - Palm City, FL  
Scripps Treasure Coast Newspapers*

*vegetable oil  
garlic salt  
onion salt  
1 package lasagna noodles  
1 medium container small curd  
cottage cheese  
1 large can crushed tomatoes  
1 large can tomato paste  
1 large can tomato sauce  
3 pounds ground beef  
Parmesan cheese  
mozzarella cheese*

In a sauce pan, heat some oil. Then add some garlic salt and onion salt. Add the tomatoes, tomato paste and tomato sauce; simmer for about 45 minutes.

While the sauce is cooking, brown the ground beef.

Boil the lasagna noodles until tender, about 10 minutes.

Preheat the oven to 375 degrees.

Once the sauce, ground beef and noodles are cooked, assemble the lasagna in a baking dish. The layers should be placed in this order: sauce, lasagna noodles to cover the dish (do not overlap), ground beef, mozzarella, Parmesan and cottage cheese. Repeat the sequence twice beginning with the sauce.

Top the final layer of sauce with shredded cheese.

Bake until the cheese is melted and bubbly.

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Per Serving (excluding unknown items): 4738 Calories; 364g Fat (69.7% calories from fat); 246g Protein; 111g Carbohydrate; 12g Dietary Fiber; 1158mg Cholesterol; 3530mg Sodium. Exchanges: 4 1/2 Grain(Starch); 32 1/2 Lean Meat; 9 Vegetable; 54 1/2 Fat.

Pasta

**Calories (kcal):** 4738  
**% Calories from Fat:** 69.7%  
**% Calories from Carbohydrates:** 9.4%  
**% Calories from Protein:** 20.9%  
**Total Fat (g):** 364g  
**Saturated Fat (g):** 147g  
**Monounsaturated Fat (g):** 159g  
**Polyunsaturated Fat (g):** 16g  
**Cholesterol (mg):** 1158mg  
**Carbohydrate (g):** 111g  
**Dietary Fiber (g):** 12g  
**Protein (g):** 246g  
**Sodium (mg):** 3530mg  
**Potassium (mg):** 5558mg  
**Calcium (mg):** 225mg  
**Iron (mg):** 32mg  
**Zinc (mg):** 51mg  
**Vitamin C (mg):** 76mg  
**Vitamin A (i.u.):** 6028IU  
**Vitamin A (r.e.):** 602 1/2RE

**Vitamin B6 (mg):** 4.3mg  
**Vitamin B12 (mcg):** 36.1mcg  
**Thiamin B1 (mg):** 1.8mg  
**Riboflavin B2 (mg):** 2.8mg  
**Folacin (mcg):** 171mcg  
**Niacin (mg):** 75mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 4 1/2  
**Lean Meat:** 32 1/2  
**Vegetable:** 9  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 54 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 4738 **Calories from Fat:** 3300

### % Daily Values\*

<b>Total Fat</b>	364g	560%
Saturated Fat	147g	736%
<b>Cholesterol</b>	1158mg	386%
<b>Sodium</b>	3530mg	147%
<b>Total Carbohydrates</b>	111g	37%
Dietary Fiber	12g	48%
<b>Protein</b>	246g	
<b>Vitamin A</b>		121%
<b>Vitamin C</b>		126%
<b>Calcium</b>		23%
<b>Iron</b>		178%

\* Percent Daily Values are based on a 2000 calorie diet.