



Turkey Spinach Lasagna

Makes 12 servings

Ingredients

For the sauce:

- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- 6 garlic cloves, minced
- 20 oz package lean ground turkey*
- ½ tsp ground black pepper
- 28 oz can crushed or pureed tomatoes
- 28 oz can diced tomatoes, drained
- 1 Tbsp Italian Seasoning
- 10 oz box frozen spinach, thawed

For the Layers:

- 12 no boil lasagna noodles
- 2 cups part-skim mozzarella cheese, shredded
- ¼ cup Parmesean cheese

*look for a label that says 93% lean or higher—some ground turkey can have as much fat as ground beef

Directions:

1. Preheat the oven to 375 degrees
2. Using a heavy pot or Dutch oven, heat the oil over medium-high heat and add the onion. Sauté for about 2 minutes or until translucent.
3. Add the garlic and sauté until fragrant—about 1-2 minutes
4. Add the turkey and pepper and cook until no longer pink. Break up and stir with a wooden spoon or spatula.
5. Add both cans of tomatoes, the spinach, and the Italian seasoning. Stir together then allow to simmer while you create the cheese mixture. Stir occasionally.
6. In a medium sized bowl, mix together the ricotta, cottage cheese, 1 cup of the Parmesan, egg, basil and pepper.
7. Assemble the lasagna in a 9x13 pan: Start by spreading about ¼ cup of the sauce in the bottom of the pan. Place 3 lasagna noodles over the sauce. Spread 1/3 of the cheese mixture over the noodles, sprinkle ½ cup of the mozzarella over the layer and top with 1 ½ cup of the sauce. Repeat layers 2 more times, and top with the final 3 lasagna noodles. Pour the remaining sauce over the top and sprinkle with the rest of the mozzarella and the remaining ¼ cup of Parmesan.
8. Spray one side of a piece of foil (big enough to cover the pan) with cooking spray. Place foil spray-side down over the pan and wrap tightly. Place in oven for 15 minutes.
9. Remove foil and cook for 25 minutes more 10. Once cooled, cut into 12 pieces, and serve (try to eat only piece!)

For the Cheese Mixture:

- 1 cup part-skim ricotta cheese
- 1 cup fat-free cottage cheese
- 1 cup grated Parmesan cheese
- 1 Tbsp dried basil
- 1 large egg, beaten lightly
- ½ tsp ground black pepper

Nutrition Facts

12 servings per container	
Serving size	1 Serving
Amount Per Serving	
Calories	390
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0.2g	
Cholesterol 95mg	32%
Sodium 570mg	25%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 32g	64%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.