

## C's Lasagna

**Yields one 9 X 13 Pan**

**Prep Time: 30 minutes**

**Cooking Time: 45 - 60 minutes at 350°**

### **Ingredients:**

*I get everything at Trader Joes except the noodles.*

**1 pound Ground Lean Turkey**

**\*Italian Seasoning, Kosher Salt, Fresh Black Pepper, Fennel Seeds**

**1 large container Low-Fat Cottage Cheese**

**1 large container Low-Skim Ricotta Cheese**

**1 bag (16 oz.) Shredded Low-Skim Mozzarella Cheese**

**1/4 cup shredded Parmesan Cheese (*not grated*)**

**2 - 3 jars Organic Marinara sauce (*amount depends on how moist you like it*)**

**6 Lasagna Noodles (*prepare 9 in case they tear*)**

### **Directions:**

**1. Heat a large pot of water to steep the noodles in your 9 X 13 pan. Break 9 noodles so that they fit in your 9 X 13 baking pan. When water is close to boiling, carefully pour over noodles in pan and allow to steep while you move on to the next steps. Let noodles steep only until tender, not limp. Remove and layer on damp paper or dish towels. Do not put one noodle directly on top of another. Pat dish dry with paper towels. Set aside. Pre heat oven to 350°**

**2. In a very large skillet, brown ground turkey on high heat. As it is cooking, add the desired amount of above seasonings. \*Not more than 1/2 - 3/4 tsp. of any is usually enough. Lower heat to low-medium and add two jars of sauce. Cook until bubbly, then remove from heat. Now you have Bolognese Sauce!**

**3. Line everything up on your counter with your dish first.**

**dish-noodles-meat sauce-cottage cheese-  
Mozzarella-ricotta-extra jar of sauce-parmesan**

**You are going to make two layers, so use your meat sauce with that in mind.**

**Scoop some meat sauce into the pan to coat the bottom slightly.**

**Layer One: Top with three noodles about 2 inches apart. Add a layer of meat sauce. Spread out entire container cottage cheese evenly. Sprinkle out 1/3 Mozzarella.**

**Layer Two: Repeat process, but use the ricotta where you used the cottage cheese.**

**Layer Three: This is however you want your lasagna to look. If you have meat sauce left, you can spread that out evenly over the top. If you want to use the remaining jar of plain marinara, use that. Whatever, it's your lasagna. Sprinkle any remaining shredded Mozzarella and the parmesan cheeses.**

**4. Cook uncovered for 45 minutes or until slightly browned and bubbly. You might want to put some aluminum foil under your dish to protect your oven.**

**One 4 X 4 inch square is 4 units PROTEIN + CARBS + FAT**

**One 3 X 3 inch square is 3 units PROTEIN + CARBS + FAT**

**LASAGNA WILL KEEP IN YOUR FRIDGE FOR UP TO 5 DAYS. YOU CAN FREEZE LASAGNA.**