

C's Turkey Spinach Lasagna

Recipe by C.

Yields:

This recipe makes: fifteen 2 unit servings (2 1/2 " sq.) or

This recipe makes: twelve 3 unit servings (3 1/2 " sq.) or

This recipe makes nine 4 unit servings (4 1/2 " sq.) or

This recipe makes six 5 unit servings (5 1/2 " sq.)

Ingredients:

Olive oil Cooking Spray

1 pound Ground Turkey Breast Meat

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3 cloves garlic, chopped

1 cup yellow onion, finely chopped

3 jars (25 oz. each) Mezzetta Napa Valley Bistro Marinara, divided

1 (16 oz.) carton Low-fat Cottage Cheese

1 (16 oz.) carton Low-fat Ricotta Cheese

1/2 cup egg substitute

1/2 cup (2 oz.) pre-shredded Italian Cheese, divided

1 (10 oz.) package frozen chopped Spinach, thawed and drained

6 *al denté Lasagna noodles (NO COOK)-Barilla Brand

2 cups shredded part-skim Mozzarella Cheese, divided

Pre-Heat oven to 350°

Step 1: *To Make Noodles al denté: In your biggest rectangle baking dish, 13 X 9 ok, but bigger is better; place your eight noodles inside the pan. Get the hottest water you can from your spicket and add the noodles. Allow the noodles to sit and become pretty soft, about 3 - 5 minutes. Put paper towels over your counter and carefully remove each noodle to a single layer on the paper towels to drain. Dump the water and pat dry the pan. Spray with the cooking spray and set aside.

Step 2: Follow the directions to thawing and draining the spinach. Set aside for Step 3.

Step 3: Spray a very large, deep Dutch Oven or Sauce pan well with olive oil. Add the chopped garlic and onion. Sauté over med.-high heat for about 3 minutes, or until onion is tender. Add both turkey meats and brown until no longer pink and crumbly, mixing in the sautéed garlic and onion. Add the prepared spinach and mix all together. Reduce the heat to med. - low and add 2 of the jars of the Marinara Sauce. Mix all together and allow to cook for about 10 minutes, or until bubbly without a lid. When it bubbles, remove from the heat and cover with a lid.

Step 4: In a bowl, combine the cottage cheese, the ricotta cheese, egg replacement and 1/4 cup of the parmesan cheese; stir well.

Step 5: Using your big rectangle baking dish now. Begin by using the reserved jar of Marinara. Lightly coat the bottom of the dish with Marinara. Next, place three of the noodles about an inch apart. Next layer is the meat/spinach mixture. Next layer is the cheese/egg mixture. Next layer is about 3/4 cup of the mozzarella. Repeat the layers beginning with the remaining 3 noodles.

-You will have a bit of mozzarella cheese and Marinara left over. Make the top "pretty."

Step 6: Bake for 60 minutes on a baking sheet, or until cheese begins to brown. Let stand for at least 20 minutes before serving. You can loosely tent with foil if you wish. If you are making it a day ahead, cool it completely before cutting up and placing in your refrigerator.