

Low-Fat Lasagne

1 pound ground raw turkey
*(or substitute one package
frozen, chopped spinach,
thawed and well drained)*

1 cup chopped onion

2 cloves garlic, minced

1 16-ounce can tomatoes, cut up

1 8-ounce can tomato paste

1 6-ounce can tomato paste

2 teaspoons dried basil, crushed

1 teaspoon dried oregano, crushed

1 teaspoon fennel seed, crushed

1/8 teaspoon ground red pepper

8 ounces lasagna noodles

1 egg beaten

2 cups low-fat cottage cheese

3/4 cup grated parmesan cheese

1 tablespoon dried parsley flakes

1/2 teaspoon pepper

8 ounces mozzarella cheese (low
moisture, part skim milk), sliced

In a large skillet cook meat, onion, and garlic till meat is brown and onion is tender. Drain off fat. Stir in the next seven ingredients. Cover and simmer for 15 minutes, stirring mixture often.

Meanwhile, cook noodles according to package directions, except omit oil. Drain. Stir together egg, cottage cheese, 1/2 cup of the parmesan cheese, parsley and pepper.

In a 13x9x2-inch baking dish layer half of the noodles, half of the cottage cheese mixture, half of the mozzarella, and half of the meat sauce. Repeat layers; sprinkle with remaining parmesan cheese. Bake in a 375° oven for 30 to 35 minutes or till heated through. Let stand for 10 minutes. Makes 10 servings.

If substituting ground turkey with spinach, stir thawed and drained (squeeze the water out) with the egg, and cheese mixture.

Nutrition Information per serving: Calories 321, Fat 10 g, Cholesterol 104 mg, Sodium 888 mg, Carbohydrate 27 g, Potassium 605 mg, Protein 47%, Vitamin A 25%, Vitamin C 15%, Thiamine 21%, Riboflavin 25%, Niacin 23%, Calcium 35%, Iron 16%, Phosphorus 42%