



DINNER

Turkey and Spinach Lasagna

Makes 12 Servings (serving size = 1/12 of recipe)

Ingredients:

1 lb 99% fat free ground turkey
 15 oz part skim ricotta cheese
 2 cups part skim mozzarella cheese
 1 ¾ cup 2% part skim mozzarella cheese
 9 no bake lasagna noodles
 2 jars pasta sauce (no more than 50 calories a ½ cup)
 6 oz fresh spinach
 ½ cup parmesan cheese

Directions:

Brown turkey. Add sauce. Mix ricotta and 2% part skim cheese together in a bowl. Pour 1 cup of sauce in a lasagna pan and lay 3 pieces of lasagna down about an inch apart. Spread ½ cup of cheese mixture over each noodle. Add 1/4 cup part skim mozzarella cheese. Add 1/3 of the spinach. Add 1 cup of sauce. Layer another 3 noodles over this mixture 1 inch apart repeat sequence. Add another layer of noodles and repeat the sequence but add the remaining 1.25 cups of cheese on top of the sauce. Cover with foil and bake at 350 for 35 minutes. Remove foil and bake for another 15 minutes. Let the lasagna sit for 10 minutes before serving.

Nutrition Information per serving

Calories: 295
 Fat: 10g
 Sat fat: 5g
 Sodium: 572mg
 Carbohydrate: 22g
 Protein: 22g
 Fiber: 2g

350 calories = 1S, 2V, 3P, 1O, 1F	500 calories = 2S, 2V, 4P, 2O	600 calories = 3S, 2V, 4P, 2O
1 slice of lasagna (S,V,PPP,O)	1 slice of lasagna (S,V,PPP,O)	1.5 slice of lasagna (SS,V,PPPP,OO)
1-2 cups leafy greens (V)	1-2 cups leafy greens (V)	1-2 cups leafy greens (V)
2 Tbsp fat-free dressing (free)	2 Tbsp low-fat dressing (O)	2 Tbsp fat-free dressing (free)
1 cup melon (F)	¼ cup low fat cheese shredded (P)	¼ cup low fat cheese shredded (P)
	1 small roll (S)	1 small roll (S)
	1 cup melon (F)	1 cup melon (F)