LASAGNA

Ingredients

Bulk Sausage

- 1 tablespoon extra virgin olive oil
- ½ pound ground dark meat turkey
- 1 small garlic clove, minced
- 1/4 teaspoon fine sea salt
- ½ teaspoon dried oregano leaves
- ½ teaspoon fennel seeds
- ¼ teaspoon dried marjoram or thyme
- ¼ teaspoon red pepper flakes
- 1/8 teaspoon black pepper

Lasagna

- 8 oz. whole grain lasagna noodles, broken into thirds
- 1 tbsp extra virgin olive oil
- ½ lb. sausage
- 3 cups marinara sauce (recipe on page 9 of the Healthier Traditions: Italian Cookbook)
- 2 cups whole milk or part-skim ricotta cheese
- 1 large egg
- ½ lb. baby spinach
- 1 tbsp fresh parsley, chopped
- ¼ cup fresh basil, chopped
- 10 oz. cremini mushrooms, chopped
- 2 cups shredded mozzarella cheese
- 3 tbsp shredded Parmesan cheese

Directions

- 1. Preheat oven to 350° Fahrenheit.
- 2. In a large bowl, add ground turkey, garlic, and spices. Use your hands to mix thoroughly, ensuring spices are distributed evenly.
- 3. Heat 1 tablespoon olive oil in a large pan over medium heat, add turkey, and stir frequently to cook until beginning to brown, up to 5 minutes. Add chopped mushrooms and cook until tender and water has evaporated, about 8 more minutes. Add spinach and remove from heat
- 4. If using no-boil noodles, skip this step.

 Bring a large pot of water to a boil. Add noodles and cook until not quite tender, about 2 minutes less than the package directions. Drain; return the noodles to the pot, cover with cool water and set aside.
- 5. To assemble lasagna:
 - Spread ½ cup of the tomato sauce in the prepared baking dish.
 - Arrange a layer of noodles on top, trimming to fit, if necessary.
 - Spread half the ricotta over the noodles.
 - Top with half of the sausage mixture, one-third of the remaining tomato sauce and one-third of the mozzarella.
 - Continue with another layer of noodles, the remaining ricotta, the remaining sausage, half the remaining tomato sauce and half the remaining mozzarella.
 - Top with a third layer of noodles and the remaining tomato sauce.
- 6. Cover with aluminum foil and bake for 50 minutes.
- 7. Remove foil, add remaining mozzarella and Parmesan, and bake for 5 minutes. Let cool for 10 minutes then serve.

Nutrition Facts (per serving - using whole milk ricotta)
351 calories | 16g fat | 8g saturated fat | 355mg sodium | 34g
carbohydrate | 4g fiber | 2g sugar | 19g protein