

Turkey & Spinach Lasagna

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 2 hours 45 minutes

1/2 pound ground turkey

1 tablespoon olive oil

1 jar (26 oz) marinara sauce

1 can (14 1/2 oz) diced tomatoes

1 package (9 oz) oven-ready lasagna noodles

2 cups part-skim ricotta cheese

1 package (8 oz) part-skim mozzarella cheese, grated

1 package (10 oz) frozen chopped spinach, thawed and squeezed dry

4 tablespoons Parmesan cheese, grated

In a large skillet over medium heat, saute' the turkey in the olive oil until it is no longer pink. Drain.

In a large bowl, combine the turkey, marinara sauce and tomatoes.

Coat a large slow-cooker with cooking spray.

Pour one cup of the turkey-tomato sauce into the slow cooker.

Layer on the noodles, ricotta, mozzarella, spinach and sauce. Repeat the layers twice, ending with sauce. (Use all of the spinach in the first two layers, ending with sauce and cheese.)

Cover and cook for 2 1/2 hours on LOW or until the noodles are soft and the cheese is melted.

Serve sprinkled with the Parmesan cheese.

Per Serving (excluding unknown items): 190 Calories; 11g Fat (49.3% calories from fat); 15g Protein; 9g Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol; 323mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.