

# Lasagna Deliziosa

Heather O'Neill - Troy, OH  
Taste of Home Recipe Book 2015

## Servings: 12

9 uncooked lasagna noodles  
1 package (19-1/2 ounce) Italian turkey sausage links, casings removed  
1/2 pound lean (90%) ground beef  
1 large onion, chopped  
2 cloves garlic, minced  
1 can (28 ounce) diced tomatoes, undrained  
1 can (12 ounce) tomato paste  
1/4 cup water  
2 teaspoons sugar  
1 teaspoon dried basil  
1/2 teaspoon fennel seed  
1/4 teaspoon pepper  
1 egg, lightly beaten  
1 carton (15 ounce) reduced-fat ricotta cheese  
1 tablespoon minced fresh parsley  
1/2 teaspoon salt  
2 cups (8 ounce) shredded part-skim mozzarella cheese  
3/4 cup grated Parmesan cheese

## Preparation Time: 45 minutes

### Bake Time: 50 minutes

Cook the noodles according to package directions.

Meanwhile, in a Dutch oven, cook the sausage, beef and onion over medium heat until the meat is no longer pink. Add the garlic. Cook 1 minute longer. Drain.

Stir in the tomatoes, tomato paste, water, sugar, basil, fennel and pepper. Bring to a boil. Reduce the heat. Cover. Simmer for 15 to 20 minutes, stirring occasionally.

Preheat the oven to 375 degrees.

In a small bowl, combine the egg, ricotta cheese, parsley and salt. Drain the noodles and rinse in cold water.

Spread one cup of meat sauce into a 13x9-inch baking dish coated with cooking spray. Top with three noodles, two cups of meat sauce, two-thirds cup of the ricotta cheese mixture, two-thirds cup of mozzarella and one-quarter cup of Parmesan cheese. Repeat the layers twice. Cover.

Bake for 40 minutes. Uncover.

bake for 10 to 15 minutes longer or until bubbly.

Let stand 10 minutes before cutting.

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Per Serving (excluding unknown items): 49 Calories; 2g Fat (36.3% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 276mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

