

# **Slow-Cooker Lasagna**

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**Servings: 8**

**Preparation Time: 20 minutes**

**Slow cooker time: 4 hours**

**1 medium onion, finely chopped**

**2 cloves garlic, minced**

**1 pound ground turkey**

**1 teaspoon dried oregano**

**1/2 teaspoon salt**

**1/2 teaspoon pepper**

**1/4 teaspoon black pepper**

**1 container (15 oz) part-skim ricotta cheese**

**1 package (8 oz) reduced-fat Italian-blend shredded cheese, divided**

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

**12 lasagna noodles (12 ounces), broken in half**

**1 jar (24 oz) chunky tomato sauce**

Coat the slow cooker bowl with nonstick cooking spray.

In a bowl, stir together the onion, garlic, turkey, oregano, salt and pepper. Set aside.

In a small bowl, stir together the ricotta, one cup of the shredded cheese and the spinach.

In the slow cooker bowl, layer about eight of the uncooked noodle halves, overlapping as necessary. Spread half of the meat mixture and half of the ricotta mixture over the noodles. Top with about one cup of the tomato sauce and 1/4 cup of water. Continue layering with the remaining noodles, meat, ricotta mixture, two cups of the sauce and an additional 1/4 cup of water. Top the layers with eight noodle halves and the remaining 1/2 cup of tomato sauce.

Cover and cook on HIGH for 4 hours or LOW for 5 1/2 hours or until the internal temperature registers 160 degrees on an instant-read thermometer. Sprinkle the remaining one cup of shredded cheese on top for the last 30 minutes of cooking time or until melted.

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Per Serving (excluding unknown items): 148 Calories; 7g Fat (44.4% calories from fat); 15g Protein; 5g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fat.