

Smoked Sausage Lasagna

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Servings: 6

Preparation Time: 20 minutes

Bake Time: 50 minutes

Chicken-apple sausage and fresh fennel infuse this dish with winter flavors. Sweet or spicy Italian sausage would also be tasty.

Make-Ahead Directions: Prepare as directed through step six, except line the dish with parchment paper before coating with cooking spray. After layering, cover with plastic wrap and freeze. Once firm, lift the layers from the dish and place in an airtight freezer container or resealable plastic freezer bag. To bake, return to the original dish.

nonstick cooking spray

2 cups red pasta sauce (such as tomato-basil or roasted garlic and onion)

1/2 cup pitted Kalamata olives, halved

6 no-boil lasagna noodles

1/2 of a (15 oz) container ricotta cheese

6 ounces (1 1/2 cups) Monterey Jack cheese with jalapeno peppers or Monterey Jack cheese, shredded and divided

1/4 cup Parmesan cheese, finely shredded

8 ounces cooked chicken sausage with apple OR Italian sausage, halved lengthwise and sliced

1 medium bulb fennel, trimmed, halved lengthwise and thinly sliced.

Preheat the oven to 350 degrees.

Lightly coat a 2-quart oval or square baking dish with cooking spray. Set aside.

In a medium bowl, stir together the pasta sauce and the olives. Spoon 1/3 cup of the sauce mixture into the prepared dish. Top with two lasagna noodles.

In a small bowl, stir together the ricotta cheese and one cup of the Monterey Jack cheese. Spoon half of the mixture on the noodles in the dish. Sprinkle with two tablespoons of the Parmesan. Top with half of the sausage and half of the fennel. Spoon half of the remaining sauce over the sausage layer.

Top with two more noodles, the remaining ricotta mixture and the remaining sausage and fennel.

Add two more noodles and the remaining sauce. Sprinkle with the remaining Monterey Jack and Parmesan cheeses.

Cover with foil.

Bake for 50 minutes or until heated through and bubbly.

Let stand, covered, on a wire rack for 20 minutes before serving.

Per Serving (excluding unknown items): 55 Calories; 4g Fat (59.4% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.