

Ultimate Spinach and Turkey Lasagna

Yields: 9 servings

Ingredients

1 tablespoon olive oil
1 medium onion, chopped (2 cups)
2 minced garlic cloves
3/4 pound ground turkey breast
3 cups low-sodium jarred marinara sauce
1 1/2 cups part-skim ricotta cheese
1 10 ounce package frozen spinach, completely defrosted and squeezed of all excess liquid
1/4 cup chopped parsley
2 egg whites
1/4 teaspoon salt
1/4 teaspoon pepper
12 lasagna noodles, cooked al dente according to package instructions or use oven-ready lasagna noodles
1/2 cup shredded part-skim mozzarella cheese
1/4 cup shredded Parmesan cheese



Instructions

1. Heat oil in a large high-sided skillet and cook onion, stirring occasionally, until softened, 6–7 minutes. Add garlic and cook 1 minute. Add turkey and cook, breaking up with a spoon, until no longer pink and cooked through, 4–5 minutes. Add marinara, bring to a boil, reduce heat, and simmer 2–3 minutes. Remove pan from heat and cool slightly.
2. Combine ricotta, spinach, parsley, egg whites, salt, and pepper in a large bowl.
3. Coat the bottom of a 14 x 11inch lasagna pan with 1/2 cup sauce. Arrange three lasagna noodles on the bottom of the pan. Spread 3/4 cup sauce evenly over noodles. Spoon 2/3 cup ricotta-spinach mixture evenly on top of sauce. Repeat layers two more times.
4. Cover top with three noodles and remaining 3/4 cup sauce. Sprinkle with mozzarella and parmesan.
5. Cover top of aluminum pan with lid and place into the freezer.
6. Thaw in refrigerator for 24-48 hours and bake in a 375-degree oven, covered for 45 minutes. Remove lid and bake 10–15 minutes, until cheese is bubbly. Cut into 9 squares and serve.

Note: It is possible to bake without thawing. The pan will take longer to cook in the oven (2-3 hours, at most).