

## **Turkey Lasagna**

**Number of Servings: About 9** 

Ingredient	
8 oz.	whole wheat lasagna pasta, dry
8 oz.	93% fat free ground turkey
1 cup	fat free ricotta cheese
2 cups	part skim mozzarella cheese, shredded
24 oz.	tomato & basil pasta sauce
6 each	green bell pepper rings

utrients per serving				
Nutri Serving Size (186g) Servings Pe	About 3"	x 3" slic	е	
Amount Per Se	rving			
Calories 27	0 Calo	ories fron	n Fat 8	
		% Da	ily Value	
Total Fat 9g		14%		
Saturated		20%		
Trans Fat	0g			
Cholesterol	35mg		129	
Sodium 390		16%		
Total Carbo	hydrate :	28g	9%	
Dietary Fi	ber 5g		20%	
Sugars 6g	3			
Protein 19g				
Vitamin A 10	)% • \	Vitamin (	15%	
Calcium 25%	6 • 1	Iron 10%		
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	000 calori lower 2,500	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr	Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## Instructions

1. Fill large pot with water until about 1" from the top. Bring to a boil over high heat; add noodles and reduce heat to medium-high. Boil until al dente or until firm (not hard), easy to cut with a fork.

Dietary Fiber

- 2. Meanwhile, warm medium skillet over medium heat. Spray with cooking spray and add turkey. Cook until lightly brown.
- Preheat oven to 325 degrees F.
- 4. Spray a 9" x 9" baking pan with cooking spray.
- Spread spaghetti sauce on bottom.
- 6. Add layer of noodles.
- 7. Add layer of sauce, pepper rings and fill in with ricotta cheese.
- 8. Add layer of noodles.
- 9. Add layer of sauce, turkey and 1 cup mozzarella cheese.
- 10. Add layer of noodles.
- 11. Add sauce on top and cover with the rest of the mozzarella cheese.
- 12. Bake for 30 minutes or until all the cheese has melted and the top is starting to turn brown.

This recipe can be part of a well balanced food plan.

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