



Healthier World39s Best Lasagna

Savannah · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

3 hrs 15 mins

Description

This truly is the Worlds Best Lasagna I love this recipe but I am always looking for ways to take out the fat and healthier ways to eat when I cook I substituted lean ground turkey and turkey sausage for the meat I also used lite mozzarella and cut out the egg and salt

Ingredients

- - 1 pound turkey sausage - 12 ounces lean ground turkey - ½ cup minced onion - 2 cloves garlic
- crushed - 1 (28 ounce) can crushed tomatoes - 2 (6.5 ounce) cans canned tomato sauce - 2 (6 ounce) cans tomato paste - ½ cup water - 2 tablespoons chopped fresh parsley - 1 ½ teaspoons dried basil leaves - 1 teaspoon Italian seasoning - ½ teaspoon fennel seeds - ¼ teaspoon ground black pepper - 12 lasagna noodles - 16 ounces ricotta cheese - 12 ounces low-fat mozzarella cheese
- sliced - ¾ cup grated Parmesan cheese

Instructions

1. Heat a Dutch oven or large skillet over medium heat. Add turkey sausage
2. ground turkey
3. onion
4. and garlic; cook and stir until well browned
5. about 15 minutes. Stir in crushed tomatoes
6. tomato sauce
7. tomato paste
8. and water. Season with parsley
9. basil
10. Italian seasoning
11. fennel seeds
12. and black pepper; simmer
13. uncovered
14. about 1 1/2 hours
15. stirring occasionally. Preheat the oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in the boiling water
16. stirring occasionally
17. until tender yet firm to the bite
18. about 8 minutes. Drain. Spread 1 1/2 cups sauce in bottom of a 9x13 baking dish. Arrange 6 noodles lengthwise over sauce. Spread half the ricotta over noodles; top with one third mozzarella slices. Spoon 1 1/2 cups sauce over mozzarella; sprinkle with 1/4 cup Parmesan. Repeat layers; top with remaining mozzarella and Parmesan cheese. Cover dish with aluminum foil
19. making sure foil doesn't touch cheese to prevent sticking. Bake in the preheated oven until sauce hot and cheese melted
20. about 25 minutes. Remove foil; continue baking until cheese golden brown
21. about 25 minutes more. Cool 15 minutes before serving. Editor's Note: If you want to save time
22. you can skip cooking the noodles first. Put the dry noodles in and after the 25 minutes of covered cooking
23. add about 1 cup water to the lasagna and the noodles will be perfect. This recipe is a healthier version of World's Best Lasagna.