Delicious Spinach and Turkey Lasagna

Savannah · 30/09/2024



Prep Time

55 mins

Dificult

Medium

Servings

8

Description

A delicious version of lasagna for those of us who are health conscious

Ingredients

— - 9 whole-wheat lasagna noodles - 1 teaspoon olive oil - ½ cup chopped onion - 1 pound ground turkey breast - 3 cups tomato sauce - ½ cup sliced fresh mushrooms - 3 tablespoons Italian seasoning - ¼ teaspoon ground black pepper - ¼ teaspoon garlic powder - 6 cups chopped fresh spinach - 2 cups fat-free ricotta cheese - ¼ teaspoon ground nutmeg - 2 cups shredded mozzarella cheese

Instructions

1. Preheat an oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles
2. and rinse with cold water. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent
3. about 2 minutes. Add ground turkey and cook 5 to 7 minutes more
4. stirring to break up any large chunks of meat. Stir in tomato sauce
5. mushrooms
6. Italian seasoning
7. black pepper
8. and garlic powder. Simmer for 2 minutes and season to taste. Combine spinach
9. ricotta
10. and nutmeg in a large bowl. To assemble
11. arrange 3 noodles lengthwise in the bottom of a greased 9x13 inch baking dish. Spread with 1/3 the ricotta mixture
12. 1/3 of the turkey mixture
13. and 1/3 of the mozzarella. Repeat layers
14. ending with remaining mozzarella. Bake in preheated oven for 25 minutes. Cool for 5 minutes before serving. Recipe Tip You can kick up the heat with 1 tablespoon of crushed red pepper. Editor's Note: Please note differences in ingredient amounts and total time when following the magazine version of this recipe.