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Put those extra holiday leftovers to work and give new life to an old favorite with our healthy, hearty lasagna. Lean turkey and low-fat cheese cut the fat and calories usually found in the traditional dish while onion, oregano, and marinara keep it fun and flavorful. Whole-wheat noodles add another layer of cancer protection with their unique antioxidants, phenols and lignans.

Turkey Lasagna

6 whole-wheat lasagna noodles (or use no boil noodles)
Canola oil cooking spray
1 medium onion, diced or chopped into medium pieces
1 1/2 lb. diced cooked turkey breast
1 tsp. dried oregano
15 ounces low-fat ricotta cheese
1 large egg, beaten
1 10-ounce package frozen spinach, cooked per package directions, well drained
3 cups low-sodium marinara sauce
1 cup part-skim milk mozzarella cheese, shredded

Preheat oven to 375 degrees.

Cook lasagna noodles according to package directions. Set aside on cloth towel. Spray large skillet with cooking oil, and over medium heat, cook onion until soft. Add turkey and cook until heated through. Stir in oregano.

In medium bowl, mix together ricotta, egg and spinach.

Place 1 cup sauce in the bottom of 13 x 9-inch baking dish and spread to cover the bottom. Layer with 3 lasagna noodles, half the ricotta cheese mixture and half the turkey mixture. Repeat layering starting with sauce, then cheese then turkey mixture. Top with mozzarella.

Cover with aluminum foil and bake for 40 minutes. Remove foil and bake for additional 10-15 minutes or until bubbling and top is golden brown. Let stand for 10 minutes before serving.

Makes 8 servings

Per serving: 290 calories, 8 g total fat (3.5 g saturated fat), 22 g carbohydrate, 34 g protein, 3 g dietary fiber, 280 mg sodium.