

Healthy Lasagna

This is one of my favorite recipes because it eliminates refined grain noodles, uses lean meats and cheeses, and my whole family enjoys it.

Ingredients:

- 1 large zucchini peeled and thinly sliced lengthwise to resemble a noodle
- 1 pound lean ground turkey; cooked, drained, and rinsed under hot water
- 1 package frozen chopped spinach; thawed and drained
- 1 can Hunt's No Sugar Added Italian Style Sauce
- 3 uncooked whole wheat lasagna noodles, optional (Healthy Harvest or similar brand)
- 1 16 oz. carton fat free cottage cheese
- 2 egg whites
- ¼ cup reduced fat Parmesan cheese
- 3 tablespoons parsley
- 1 8 oz. package fat-free mozzarella cheese
- Chopped mushrooms, green peppers and onions to your liking

Directions:

Put a cup of sauce into the blender and add a small amount of spinach. Blend until spinach is all chopped up. Continue to blend sauce and spinach until spinach is all mixed in. Add sauce and spinach mixture to the meat. Stir in mushrooms, peppers, and onions. Set aside. Mix cottage cheese, egg whites, Parmesan cheese, and parsley in a large bowl. Set aside. Spread 1 cup of the sauce mixture on the bottom of a 9x13 pan. Add one layer of zucchini strips or the optional 3 lasagna noodles. Continue to layer lasagna as follows: cottage cheese, mozzarella cheese, sauce, zucchini, cottage cheese, etc. Cover and bake in a preheated 325 degree oven for 45 minutes. Uncover and bake an additional 10 minutes. Remove from oven and allow to sit for 10 minutes before serving.