

## **Turkey and Spinach Lasagna**

*slightly adapted from Emeril Lagasse via Food Network*

12 whole-wheat lasagna noodles  
1 tablespoon olive oil  
1/2 cup chopped onion  
1 chopped red pepper  
1 pound ground turkey breast, white meat only  
1/2 pound hot Italian turkey sausage  
1 teaspoon red pepper flakes  
2 teaspoons chopped garlic  
3 1/2 cups prepared marinara sauce  
3 cups shredded part-skim mozzarella cheese, divided  
2 cups part skim ricotta  
2 cups thawed and drained chopped frozen spinach  
1/4 cup grated Romano  
2 egg whites  
1/2 cup chopped basil leaves  
1/4 cup chopped fresh parsley leaves  
1/4 teaspoon black pepper  
1/4 teaspoon salt

Preheat oven to 350 degrees F.

In a large pot, bring several quarts of salted water to a boil. Add noodles and cook until very al dente, 7 minutes. Remove from water and place on a towel lined baking sheet.

Place the olive oil, onion and red pepper in a large saute pan over medium-high heat. Saute until the vegetables begin to sweat, about 5 minutes. Add ground turkey, turkey sausage, and garlic, stirring to combine until turkey cooks through, about 10 minutes. Add marinara sauce; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat.

In a large bowl, combine 1 1/2 cups mozzarella and remaining ingredients and set aside.

Spray a 13 by 9-inch baking dish with cooking spray. Spread 1 cup turkey mixture in bottom of the dish and arrange 4 noodles over turkey mixture; top with 1 1/2 cups turkey mixture. Spread half of cheese mixture over turkey mixture. Repeat layers, ending with the remaining turkey mixture.

Cover and bake for 45 minutes. Sprinkle with remaining 1 1/2 cups mozzarella cheese, and bake, uncovered, for 20 minutes.

Let lasagna stand 10 to 15 minutes before serving.

(Servings: 8, Prep time: 30 min., Cook time: 45 min., Difficulty: Easy)