

Vegetarian or Meat Lasagna

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Serves: 6-8 people

Yield: 6-8 portions of lasagna

Time: 1:45 hours

Ingredients

1/2 cup of fully cooked mashed white beans
(see page 68)
2 teaspoons of olive oil
1/2 pound of lean ground turkey (optional)
1/4 pound of Italian sausage, sliced (optional)
1 1/2 bulbs of garlic, minced
2 teaspoons of oregano
1/4 teaspoon of salt
1/8 teaspoon of black pepper
1 (8-ounce) box whole wheat lasagna pasta
4 1/2 cups of tomato sauce (see page 62)
16 ounces of part skim ricotta cheese
1/4 cup of parmesan cheese
8 ounces of part skim mozzarella cheese
1/2 bunch of parsley, rinsed and roughly
chopped

Did You Know?

Make your lasagna even healthier by adding your favorite veggies to the layers. In the summer, thinly sliced zucchini and yellow squash are great substitutes for the noodles!

Directions

- ✦ Preheat oven to 375° Fahrenheit.
- ✦ In a sauce pot, add olive oil and brown the ground turkey slowly on medium low heat for about 10 minutes. Add the sausage, garlic, oregano, salt and pepper and cook for another 10 minutes, uncovered.
- ✦ While the meat is cooking, cook the pasta according to package directions or until tender. Drain and then cool in a large bowl of ice water to prevent sticking. Lay the noodles in a single layer on kitchen towels and set aside.
- ✦ Once the meat is cooked, stir in tomato sauce and mashed beans and cook for about 15 minutes.
- ✦ In a bowl, mix together ricotta cheese, parmesan and parsley.

To assemble the lasagna:

- ✦ Pour 1/2 cup of sauce in a baking dish, place 1/3 of the noodles on top. Spread 1 cup of sauce over the noodles followed by 1/2 of the ricotta mixture topped with 1/3 the mozzarella cheese. Repeat by gently pressing the noodles into the cheese below. When you get to the final noodle layer, pour remaining sauce over and top with remaining mozzarella cheese. Cover with aluminum foil but make sure top layer of cheese is not touching the foil.
- ✦ Bake in oven for 40 minutes with the last 10 minutes uncovered.
- ✦ Let stand for 10 minutes before serving.