

TURKEY LASAGNA

Ingredients

1. 1 lb. ground lean turkey
2. 1 c. chopped onion
3. 2 cloves garlic, minced
4. 1 (16 oz.) can tomatoes, cut up
5. 1 (8 oz.) can tomato sauce
6. 1 (6 oz.) can tomato paste
7. 2 tsp. dried basil, crushed
8. 1 tsp. dried oregano, crushed
9. 1 tsp. fennel seed, crushed
10. 1/8 tsp. ground red pepper
11. 8 oz. lasagna noodles
12. 1 beaten egg
13. 2 c. low-fat cottage cheese
14. 3/4 c. grated Parmesan cheese
15. 1 tbsp. dried parsley flakes
16. 1/2 tsp. pepper
17. 8 oz. Mozzarella cheese

Instructions

1. In a large skillet, cook meat, onion, and garlic until meat is brown and onion is tender.
2. Drain off fat.
3. Stir in the next 7 ingredients.
4. Cover and simmer for 15 minutes, stirring mixture often.
5. Meanwhile, cook noodles according to package directions, except omit oil. Drain.
6. Stir together egg, cottage cheese, 1/2 cup of the Parmesan cheese, parsley, and pepper.
7. In a baking dish, layer half the noodles, half the cottage mixture, half the Mozzarella, and half the meat sauce.

8. Repeat layers; sprinkle with half the remaining Parmesan Cheese.
9. Bake at 375 degrees for approximately 30 minutes.
10. Let stand at least 30 minutes before serving.