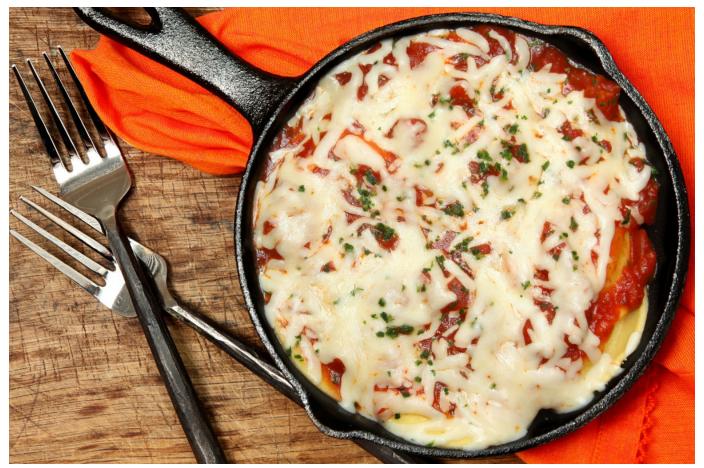
Skillet lasagna



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 20 minutes cook time

Special criteria

Whole grains recipes

Ingredients

- 1/2 pound ground, low-fat turkey
- 1 small onion, chopped (about 1/2 cup)
- 8 ounces tomato sauce, salt-free
- 2 tablespoon tomato paste
- 1 3/4 cups water
- 1/2 teaspoon garlic powder
- 1 tablespoon oregano
- 1 teaspoon basil
- 1 1/2 cups whole wheat noodles, uncooked
- 1 1/2 cups shredded part-skim mozzarella cheese, low-fat

Directions

- 1. In a large skillet, thoroughly brown and crumble ground turkey, being sure that all juices are clear. Do not undercook the ground turkey.
- 2. Drain off fat.
- 3. Add onion, sauces, water, seasonings, and noodles. Bring to a boil. Reduce heat and simmer for 15 minutes, stirring until thickened.
- 4. Stop stirring and turn off heat. Top with the shredded cheese. Allow cheese to melt for a few minutes. Serve.

Tips and variations

- If the ground turkey is frozen, put in the refrigerator to thaw the day before you
 use it. Put it on the bottom shelf in a dish so the thawing meat juices do not
 drip onto foods on lower shelves.
- To reduce fat, first brown the ground turkey thoroughly, then place in a colander and rinse under hot water. Drain the meat before adding to the lasagna recipe.

Nutritional info

Calories

364

Total fat

12.3 g

Saturated fat

5.7 g

Cholesterol

69 mg

Sodium

375 mg

Total carbohydrates

38.7 g

Dietary fiber

5.6 g

Protein

28.1 g

Total sugar

6 g

Allergens

Dairy

Wheat

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