

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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