

Lasagna Ligera



This recipe makes 12 BIG servings and each serving contains:

Calories 310 Fat 10g Saturated Fat 2.2g Fiber 7g Carbs 41g

What you'll need:

For the meat sauce:

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|------------------------------|--|
| 1 T powdered chicken bullion | 1 Can olive oil cooking spray |
| 1 Finely chopped onion | 1 20 oz Pkg Jennie'O Italian ground turkey |
| ¼ Cup Basil | 2 6 Oz cans tomato paste |
| 1 tsp Garlic salt | 3 13.5 Oz cans crushed tomatoes |
| 2 T Chopped garlic | 1 T Splenda |
| 1 tsp Ground thyme | |
| 1 tsp Table salt | |

For cheese filling:

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|------------------------------------|----------------------|
| 1 2lb Container low fat Ricotta | 1 tsp Garlic salt |
| 2 Cups red fat shredded mozzarella | ¼ Cup parsley flakes |
| ¼ Cup parsley flakes | ¼ Cup egg substitute |

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|--------------------------------|----------------------------------|
| 12 Whole wheat Lasagna noodles | 1 Lg saucepan to cook meat sauce |
| 1 10x14x2 Pyrex casserole dish | 1 Lg pot to boil lasagna noodles |

Let's get to cooking!

1. Pour 1/3 cup water into saucepan and add chicken bullion. Turn heat to high.
2. Add onion and fake sauté. Add all seasonings and garlic and simmer 5 min.
3. Add ground turkey and break apart as it cooks. No need to drain.
4. Stirring, add tomato paste, crushed tomatoes, Splenda and simmer.
5. Cook noodles per package instructions. No need to drain once cooked.
6. In mixing bowl place all ingredients for cheese filling and blend thoroughly.
7. Spray casserole dish with cooking spray. Ladle 1 C meat sauce to cover bottom.
8. Lay four noodles across the meat sauce to cover the bottom of the casserole dish.
9. Layer more meat sauce across noodles and place 12 separate heaping spoonfuls of cheese filling to indicate 12 portions.
10. Pat cheese filling down and cover with 4 more noodles.
11. Continue with meat sauce, cheese filling and then noodles again.
12. Repeat #14 but your last step should be cheese, which will be the final topping.
13. Bake at 350 degrees for 45 min. – 1 hour or until it bubbles.

Mary Ann Harrison (my Momma) inspired this **Kitty's Lighter Weigh** recipe!