

## Turkey, Spinach, Zucchini Lasagna

Preheat oven to 350 degrees F

The instructions says cut into 8, but mine cut into 12 LARGE pieces

Ingredients	Instructions
Cooking spray 1 medium onion, chopped 3 garlic cloves, minced 1 pound ground turkey breast (chicken breast works too, mine had 2 packages approx. 2 lbs – I like it meaty) 3 teaspoons dried basil 3 teaspoons dried oregano ¾ teaspoon salt ½ teaspoon ground black pepper	Spray a large pot with nonstick cooking spray (I use a large frying pan) warm over medium heat. Add onion and garlic and cook until softened (Add a little water if needed to prevent browning) Add ground turkey, basil, oregano, salt and pepper Cook until meat is no longer pink, about 7 minutes
2 cups 1% cottage cheese 3 egg whites ¼ cup chopped Italian parsley ¼ cup Parmesan cheese	While meat is cooking, combine the cottage cheese, egg whites, parsley and Parmesan in a mixing bowl and set aside ( I put mine through the blender – makes me believe it's NOT cottage cheese)
2 - 14.5 ounce cans diced Italian-style tomatoes* 1 - 6 ounce can Italian-style tomato paste* 6 cups fresh spinach, chopped, thoroughly washed and spun dry (I don't chop)	When meat is cooked, stir in the tomatoes and tomato paste. Add spinach (I do one hand full at a time) Cook 5 minutes
1 pound zucchini, thinly sliced (about 3 med) 8 oven-ready lasagna noodles (I use more) 2 cups fat-free mozzarella, shredded and divided (I'm sure I use more, I like it cheesy)	Spray a 9 X 13 inch pan with nonstick cooking spray Place 4 lasagna noodles in pan (I make sure bottom is covered - ~ 6 or 7 noodles) Pour half the meat mixture on top of the noodles Place half the zucchini slices on top Pour half the cottage cheese mixture on top Sprinkle approx. 1 c shredded mozzarella REPEAT, Noodles, Meat Mixture, Zucchini, cottage cheese, mozzarella
Place in oven on middle rack and bake for 40 to 45 minutes, or until cheese is brown and lasagna is bubbling.	

This is an American recipe

I have found Italian-style tomatoes in grocery store but not the paste, so use regular paste  
I use 2 medium (540 ml) size cans of tomatoes and a small (156 ml) can of paste

Nutritional information per serving: Calories: 375; Carbohydrates: 41; Protein: 40; Fat: 7  
My count of Weight Watchers points: 10.5