

Quick Spinach Lasagna

Ingredients:

8 ounces whole wheat noodles
 1/2 pound ground turkey
 1 onion
 15 ounces low sodium tomatoes, canned
 1 1/2 cups water
 1/4 teaspoon garlic powder
 1/2 teaspoon oregano
 1/2 teaspoon basil
 10 ounces spinach, frozen, chopped, thawed
 4 ounces cottage cheese, low-fat
 2 ounces mozzarella cheese, part skim milk, shredded

Equipment:

Cutting board
 Knife
 Grater
 Non stick skillet with lid
 Spatula

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 30 minutes

Directions

1. Cook noodles according to package directions. Set aside.
2. While noodles are cooking, heat skillet to medium. Brown ground turkey in skillet breaking into small pieces as it cooks until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat.
3. While turkey is cooking, cut the ends off of the onion, and peel off the brown layers. Cut onion in half and place flat side down. Slice into thin strips, keeping onion together. Turn and slice again to dice.
4. Once fat is drained from skillet, add onions and cook until tender, about 5 minutes.
5. Add turkey, tomatoes, water, garlic powder, oregano, and basil to skillet. Cover and bring to a boil.
6. Squeeze water out of thawed spinach box. Open box and add spinach to skillet. Cover and cook 5 minutes. While spinach is cooking, shred mozzarella cheese, using a grater.
7. Stir in cooked noodles, cottage cheese and mozzarella cheese. Cover and let cheese melt. Add more water if mixture gets too dry. Serve.

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Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 261	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	11%
Cholesterol 36mg	12%
Sodium 210mg	9%
Total Carbohydrate 36g	12%
Dietary Fiber 6g	23%
Protein 19g	39%
Vitamin A 84%	Vitamin C 38%
Iron 19%	Calcium 17%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.