

Turkey Zucchini Lasagna Serves: 9

Ingredients:

2 Large Zucchini, thinly sliced
2 tsp Olive Oil
1 Yellow Onion, Diced 3 t Oregano
1 Green Pepper, Diced 2 t Parsley
1 pound Lean Ground Turkey 1 Egg
1 Jar Tomato Sauce (12 oz) 2 T Parmesan Cheese
16 oz Low Fat Cottage Cheese 5 cloves Garlic
1 cup Mozzarella Cheese Salt and Pepper to Taste



Directions: Heat oven to 350. Place zucchini on baking tray and sprinkle liberally with salt and let stand 30 minutes, then bake in oven 30 minutes to drain off water. Blot with a paper towel to absorb excess liquid. Sauté garlic, onion, and pepper until soft, then add turkey and brown until cooked. Add spices and tomato sauce and simmer adding salt and pepper to taste. Add egg to cottage cheese and stir in mozzarella and parmesan. Layer a 9x9 pan with tomato sauce, zucchini and cheese (2 layers). Cover with foil and bake 1 hour or until bubbly. Remove foil and bake 10 more minutes. Let sit 10 minutes before serving.



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**Nutrition Information per serving
1/9 Pan:**

Traditional Lasagna

Calories: 118

408 Calories

Fat: 4.9 grams

22 g Fat

Protein: 12 grams

20 g Protein

Carbohydrates: 7 grams

38 g Carbohydrate

Fiber: 1 gram

2.6 g Fiber

Sodium: 750 g

1096 mg Sodium

Potassium: 312 mg

300 mg Potassium

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