

Four-Layer Lasagna

Ingredients:

1 lb. of 99% fat free
ground turkey
3 cups wide egg noodles
26 oz. jar of pasta sauce
1/2 green bell pepper
(diced)

8 oz. pkg of Neufchâtel
cheese (or lite cream
cheese)
1 cup plain Greek yogurt
1/4 cup shredded
Parmesan cheese
Pinch of salt



Directions:

In a medium saucepan, bring a quart of water and salt to a boil. Add noodles and continue boiling until pasta is soft. Strain cooked pasta.

Meanwhile, in a large skillet, cook ground turkey and bell pepper on medium-high heat until cooked through and crumbled. Reduce heat to low and add pasta sauce. Let simmer.

In a small saucepan, combine cream cheese and yogurt and melt together on low heat until a smooth sauce forms. Stir occasionally.

Cover the bottom of an 8" x 8" baking dish with noodles. Then spread the cheese sauce on top of the noodles. Next, add the meat sauce and top with Parmesan cheese.

Bake at 350° until warmed through and cheese is melted.

Yields six 1" x 2" servings.
Calories per serving: 333
Fat per serving: 8g

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