

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

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

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.

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