



PREP TIME:
15 minutes

COOK TIME:
50 minutes

SERVINGS:
6-8

VEGETABLE & TURKEY LASAGNA

Chef Andy Ruszczyk



Watch Here

Ingredients

- ¼ box whole grain lasagna noodles
- 1 (24 oz) jar pasta sauce
- 1 (6 oz) can tomato paste
- 2 cups chicken stock
- ½ cup yellow onion
- 2 medium carrots
- 3 cloves garlic
- 1 Tbsp. olive oil
- 1 (16 oz) container 1% cottage cheese
- 1½ cups part-skim shredded mozzarella cheese
- pinch of salt, pepper and garlic powder
- 1 lb. ground turkey
- 1 bag frozen spinach
- 1 medium zucchini

Kitchen Items

- Large pot
- Strainer
- Cutting board
- Knife
- Large pan or skillet
- Mixing bowl
- 9×13 baking dish
- Measuring cups and measuring spoons
- Spoon for stirring



Directions

1. Wash vegetables and set up your kitchen. Preheat oven to 375°F. Cook lasagna noodles according to package directions. Drain and set aside.
2. Dice onion, carrots, and zucchini. Mince garlic.
3. Thaw spinach and drain well. In a bowl, mix spinach and cottage cheese and set aside.
4. Heat 1 Tbsp. olive oil in a large pan over medium heat. Add onions and carrots and cook until tender. Add garlic and zucchini and cook 2 more minutes.
5. Add ground turkey, salt, black pepper, and garlic powder. Cook 5 minutes.
6. Stir in ½ can tomato paste and 1½ cups chicken stock. Simmer 3 minutes.
7. Pour 1 cup pasta sauce into the bottom of a baking dish. Layer 4 lasagna noodles, then spread the turkey and vegetable mixture on top.
8. Add another layer of 4 noodles, then spread the spinach and cottage cheese mixture. Add the final 4 noodles on top.
9. Add ½ cup chicken stock to the pasta sauce jar, shake to combine, and pour 1½ cups sauce mixture over the noodles. Spread the remaining ½ can tomato paste on top.
10. Cover with foil and bake 45 minutes. Remove foil, sprinkle mozzarella cheese on top, and bake 3–5 more minutes until melted.
11. Let lasagna rest 10 minutes before serving.

GROCERY LIST

Fruits & Vegetables

- 1 yellow onion
- 2 carrots
- 1 bulb garlic
- 1 bag frozen spinach
- 1 medium zucchini
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Dairy & Eggs

- 1- 16oz container 1% cottage cheese
- 1- 16oz bag part skim mozzarella cheese
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Meats & Seafood

- 1 lb. ground turkey
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Pantry Items

- 1 box wheat lasagna noodles
- 1 jar pasta sauce
- 1 can tomato paste
- 1 container chicken stock
- olive oil
- salt, pepper, garlic powder