



Southwestern Lasagna

READY IN



45 min.

SERVINGS



9

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 4 ounces cheddar cheese reduced-fat
- ☐ 1 large egg white
- ☐ 8 garlic cloves divided minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 pound pd of ground turkey
- ☐ 15 precooked lasagna noodles
- ☐ 1 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh divided grated

- ☐ 15 ounce carton part-skim ricotta cheese
- ☐ 4 cups bottled salsa
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

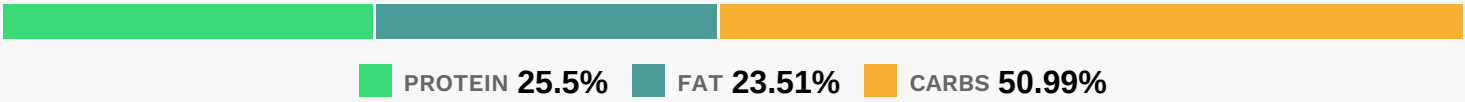
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion, and cook for 3 minutes.
- ☐ Add turkey; cook until browned, stirring to crumble.
- ☐ Add salsa, cumin, half the garlic, and beans.
- ☐ Place ricotta in a food processor, and process for 1 minute or until smooth.
- ☐ Add remaining garlic, cream cheese, 1/4 cup Parmesan, and egg white; pulse 2 to 3 times.
- ☐ Add the spinach, and pulse 2 to 3 times.
- ☐ Spread 3/4 cup turkey mixture in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over the turkey mixture, and top with 1 cup ricotta mixture, 3/4 cup turkey mixture, and 1/4 cup Mexican cheese. Repeat layers, ending with noodles.
- ☐ Spread remaining turkey mixture over noodles, and sprinkle with 1/4 cup Parmesan. Cover with foil; store in refrigerator up to 24 hours.
- ☐ Preheat oven to 37
- ☐ Bake, covered, at 375 for 30 minutes. Uncover and sprinkle with 1/4 cup Mexican cheese, and bake, uncovered, for 10 minutes.
- ☐ Let stand for 10 minutes.
- ☐ Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:17.02, Inflammation Score:-10, Nutrition Score:30.371739024701%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 438.71kcal (21.94%), Fat: 11.64g (17.91%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 56.84g (18.95%), Net Carbohydrates: 49.77g (18.1%), Sugar: 7.39g (8.21%), Cholesterol: 45.39mg (15.13%), Sodium: 1174.02mg (51.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Vitamin K: 123.95µg (118.05%), Vitamin A: 4617.72IU (92.35%), Selenium: 52.09µg (74.41%), Manganese: 1.02mg (51.1%), Phosphorus: 441.18mg (44.12%), Calcium: 411.25mg (41.13%), Vitamin B6: 0.66mg (32.76%), Fiber: 7.07g (28.26%), Magnesium: 106.33mg (26.58%), Vitamin B3: 4.94mg (24.72%), Potassium: 841.07mg (24.03%), Folate: 84.93µg (21.23%), Vitamin B2: 0.36mg (21.1%), Zinc: 3.13mg (20.84%), Copper: 0.39mg (19.42%), Vitamin E: 2.82mg (18.82%), Iron: 3.24mg (17.98%), Vitamin B1: 0.18mg (12.32%), Vitamin B5: 0.99mg (9.9%), Vitamin B12: 0.48µg (7.97%), Vitamin C: 6.44mg (7.81%), Vitamin D: 0.26µg (1.7%)