



Turkey Sausage-Spinach Lasagna with Spicy Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 2 large eggs
- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 pounds turkey sausage italian hot
- ☐ 9 lasagne pasta sheets uncooked
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.8 cups parmesan cheese grated

- ☐ 12 ounces provolone cheese shredded
- ☐ 15 ounce ricotta cheese
- ☐ 10 ounce spinach frozen dry thawed chopped
- ☐ 3 tablespoons whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

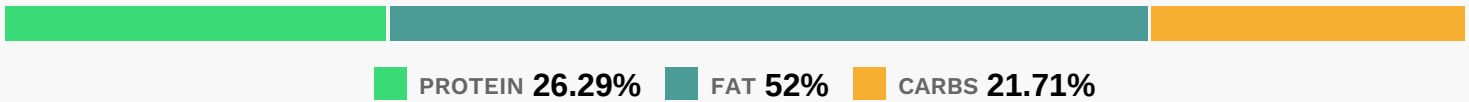
Directions

- ☐ Heat oil in large skillet over medium heat.
- ☐ Add sausages; sauté until brown, using fork to break up meat into coarse pieces, about 7 minutes.
- ☐ Add Spicy Tomato Sauce. Simmer 5 minutes.
- ☐ Position rack in center of oven; preheat to 375°F.
- ☐ Whisk ricotta, spinach, 1 cup Parmesan, eggs, cream, basil, oregano and pepper in large bowl. Set aside. Spoon 1 cup sauce over bottom of 13 x 9 x 2-inch glass baking dish.
- ☐ Place 3 noodles over sauce in single layer.
- ☐ Spread 1 cup sauce over noodles. Spoon 1 cup ricotta mixture over sauce.
- ☐ Sprinkle 1/4 cup Parmesan and 1 cup provolone over ricotta mixture. Repeat layering with 3 noodles, 1 cup sauce, 1 cup ricotta mixture, 1/4 cup Parmesan and 1 cup provolone. Arrange remaining 3 noodles over cheese. Spoon 1 cup sauce over noodles.
- ☐ Sprinkle remaining 1/4 cup Parmesan and 1 cup provolone over lasagna. Dollop remaining ricotta mixture atop lasagna. Spoon 2 1/2 cups sauce around ricotta dollops. Tightly cover

baking dish with foil.

- ☐ Bake lasagna 50 minutes; uncover and continue baking until noodles are tender and lasagna is hot and bubbly, about 25 minutes longer.
- ☐ Let lasagna stand 15 minutes before serving. (Can be prepared 1 day ahead. Cool slightly. Cover and refrigerate. Rewarm, covered with foil, in 350°F. oven about 45 minutes.)
- ☐ Meanwhile, rewarm remaining sauce in small saucepan over medium heat.
- ☐ Serve lasagna, passing remaining sauce.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:34.61260853643%

Nutrients (% of daily need)

Calories: 626.23kcal (31.31%), Fat: 36.2g (55.69%), Saturated Fat: 19.52g (121.97%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 31.21g (11.35%), Sugar: 3.95g (4.39%), Cholesterol: 165.9mg (55.3%), Sodium: 1441.84mg (62.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.18g (82.36%), Vitamin K: 137.07µg (130.55%), Vitamin A: 5210.83IU (104.22%), Selenium: 63.32µg (90.45%), Calcium: 706.78mg (70.68%), Phosphorus: 670.18mg (67.02%), Iron: 8.75mg (48.63%), Vitamin B2: 0.61mg (35.64%), Zinc: 5.27mg (35.16%), Manganese: 0.64mg (32.15%), Vitamin C: 23.53mg (28.52%), Vitamin B12: 1.52µg (25.37%), Vitamin B6: 0.47mg (23.65%), Magnesium: 89.29mg (22.32%), Folate: 81.28µg (20.32%), Vitamin B3: 3.48mg (17.41%), Potassium: 514.72mg (14.71%), Vitamin B5: 1.33mg (13.3%), Copper: 0.27mg (13.25%), Vitamin E: 1.8mg (11.97%), Fiber: 2.78g (11.13%), Vitamin B1: 0.14mg (9.29%), Vitamin D: 0.77µg (5.12%)