

PASTA ROLL-UPS WITH TURKEY AND SPINACH



NUTRIENTS PER SERVING:

CALORIES: 234

FAT: 3 g

CARB: 27 g

PROTEIN: 28 g

Serves 8

INGREDIENTS:

- 1 tsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 lb ground turkey breast
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 28-oz can whole tomatoes in juice
- 1 tsp salt
- 8 sheets dried high-protein or whole-wheat lasagna
- 1 10-oz box frozen chopped spinach, thawed
- 1 15-oz container non-fat ricotta cheese
- 1 egg
- 3/4 cup shredded reduced-fat mozzarella cheese

INSTRUCTIONS:

1. In a large skillet, heat olive oil over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook another minute. Turn heat to medium-high and add ground turkey, breaking it up with a spatula until meat shows no sign of pink. Stir in cinnamon and nutmeg, then add tomatoes and salt. Reduce heat to medium-low stir, cover and let simmer for 20 minutes, occasionally stirring and breaking up tomatoes with a wooden spoon.
2. Meanwhile, bring a large pot of water to boil. Cook pasta according to package directions, drain, rinse and allow to cool in a colander.
3. Preheat the oven to 400°F. Squeeze all remaining moisture from thawed spinach and place in large bowl. Add ricotta cheese, egg and a 1/4 cup mozzarella cheese to bowl. Stir until combined.
4. Spread 1 cup of cooked tomato sauce into bottom of a 9" x 10" casserole dish. Lay a cooked lasagna noodle flat in front of you. Use your fingers to spread 1/8 of ricotta mixture across the noodle and roll it up. Place the rolled pasta seam side down, into the casserole dish. Repeat with remaining noodles. Spread remaining tomato sauce over roll-ups, then top with remaining 1/2 cup mozzarella.
5. Bake, covered with foil, for 20 minutes. Remove foil and broil for 5 minutes or until the rollups are browned and bubbly.