



Italian Sausage Lasagna

This is an incredibly aromatic Betty Crocker lasagna recipe which has been adapted to be lower in sodium and saturated fat, and higher in fiber. Lean ground beef or turkey could be substituted for Italian sausage to further reduce overall calorie and fat content. This is a **fit50** favorite!

Ingredients

- 12 whole wheat lasagna noodles
- 1 pound bulk Italian sausage
- 1 can (15 ounces) no salt added tomato sauce
- 1 can (28 ounces) no salt added petite diced tomatoes
- 1 tsp sweetener (Stevia-based preferred)
- 2 cups shredded mozzarella cheese
- 15 ounces low fat Ricotta cheese
- 1 medium onion, chopped
- 2 cloves of garlic, finely chopped
- 3 TBSP fresh flat leaf parsley, chopped
- 1 tsp dried oregano leaves
- 1 TBSP fresh basil, chopped
- ½ cup grated Parmesan cheese

Directions

- Cook sausage, garlic and onion over medium heat, stirring occasionally, until sausage is no longer pink. Drain fat and return sausage mixture to the skillet
- Stir in 2 TBSP of parsley, the basil, sweetener, tomatoes, and tomato sauce. Heat mixture to a boil, stirring occasionally; reduce heat. Simmer for about 30 minutes, or until slightly thickened
- Heat oven to 350°. Cook noodles as directed on package, and drain
- While noodles are cooking, mix ricotta cheese, ¼ cup of Parmesan cheese, the oregano and remaining 1 TBSP fresh flat leaf parsley
- Spray 13 x 9 x 2 inch baking dish with cooking spray. Add 4 cooked lasagna noodles to the dish and cover with ½ of the sausage mixture. Top with four more noodles. Spread ½ of the Ricotta cheese mixture over the noodles. Sprinkle with ½ of the mozzarella cheese (1 cup). Top with the remaining sausage mixture. Add the final four lasagna noodles and top with the remaining ricotta cheese mixture. Finally, evenly spread the remaining 1 cup of mozzarella cheese and ¼ cup of Parmesan cheese
- Cover and bake for 30 minutes. Uncover and bake for 15 minutes or until hot and bubbly. Let stand for 10 minutes before serving
- Makes 8 servings

The Data (per serving)

Calories: 430 cal	Carbs: 35 gm	Total Fat: 20 gm
Protein: 28 gm	Fiber: 5 gm	Sat. Fat: 11 gm