

Turkey & Spinach Pasta Rolls

Makes 4 Servings

Ingredients

1 Tsp Extra-virgin olive oil
1 small onion, finely chopped
1 clove garlic, minced
1 lb ground turkey breast
½ Tsp ground cinnamon
½ Tsp ground nutmeg
1 28oz can whole tomatoes in juice
1 Tsp Sea Salt
8 sheets whole wheat lasagna
1 10oz box frozen chopped spinach, thawed
1 15oz container non-fat ricotta cheese
1 egg
¼ cup shredded fat free mozzarella cheese



Nutritional Value per Serving	
Calories	234
Carbs	27g
Fiber	Sugar
Fat	3g
Protein	28g

Preparation

In 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 up 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.

Meanwhile, bring a large pot of water to boil. Cook pasta according to package directions, drain, rinse and allow to cool in a colander.

Preheat the oven to 400 degrees. Squeeze all remaining moisture from thawed spinach and place in large bowl. Add ricotta cheese, egg and a ¼ cup mozzarella cheese to bowl. Stir until combined.

Spread 1 cup of cooked tomato sauce into bottom of a 9.10" casserole dish. Lay a cooked lasagna noodle flat in front of you. Use your fingers to spread 1/8 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 ½ c. mozzarella.

Bake, covered with foil, for 20 minutes. Remove foil and broil for 5 minutes or until the rollups are browned and bubbly.

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