

Easy Peasy Lasagna

(turkey or plant based)

10 - 1 ½ cup servings




Ingredients

- 1, 16 oz. box of oven-ready lasagna noodles
- 2, 24 oz. jars of marinara sauce
- 1 ½ lbs. of ground turkey meat, **OR** 2, 15oz cans of precooked lentils, unseasoned
- ½ cup of green pepper, diced
- 32oz ricotta **OR** 2, Tofu Ricotta recipe
- 1 tbsp of dried Italian seasoning
- 1 tbsp of minced garlic
- 2 tsp of olive oil
- Salt and pepper
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Optional: 1 cup low fat shredded mozzarella **OR** plant-based shredded mozzarella

Directions

- 1 In a medium frying pan, add the minced garlic, green pepper and olive oil on low to medium heat. Sauté until garlic becomes fragrant and pepper has softened.
- 2 Add the turkey and sauté until meat is fully cooked. If using lentils, add them and mash gently with a fork to mimic texture of ground meat.
- 3 Season meat or lentils with Italian seasoning, salt, and pepper to taste.
- 4 Once fully cooked, remove meat or lentils from heat and place frying pan to the side.
- 5 In a 9 x 13-inch baking dish, add 2 tbsp of marinara sauce and spread evenly with a spoon.
- 6 Place lasagna sheets side by side to cover the bottom of the pan.
- 7 Add 2 - 3 tbsp of marinara on the noodles and spread sauce out with spoon.
- 8 Add ¾ cup of meat or lentils and smooth out with spoon.
- 9 Add 2 medium sized dollops (about ½ - ¾ cup) of ricotta cheese **OR** tofu ricotta mixture and spread out with spoon. Repeat until lasagna pan is filled leaving about an inch of space from the top.

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- 10 Optional: Sprinkle low fat mozzarella shredded cheese over top of final layer or add plant-based cheese shreds
 - 11 Place a sheet of aluminum foil over pan and bake in the oven at 375 degrees for 35 - 40 mins. Enjoy!