



PREPARATION: 30 MINUTES

COOKING: 60 MINUTES

6 SERVINGS

Nutrient Analysis

PER SERVING

1/6 of recipe

Renal exchange:

4 Protein + 2 Starch + 1 Vegetable

Calories	484Kcal
Protein	33g
Carbohydrates	30g
Fibre	2.6g
Total Fat	25g
Saturated Fat	12g
Cholesterol	128mg
Sodium	307mg
Potassium	546mg
Phosphorus	468mg

TURKEY LASAGNA

INGREDIENTS

CHEESE MIX

1 teaspoon vegetable oil

1 cup kale, chopped

2 cups cottage cheese (low sodium)
or ricotta cheese

1/8 teaspoon ground black pepper

SAUCE

2 (500 ml) jars roasted red peppers,
drained

1 tablespoon garlic, chopped

2 teaspoons garlic powder

1 teaspoon dry oregano

1 teaspoon dry basil

1 cup water

MEAT MIX

1 tablespoon olive oil

1 pound ground turkey

1/2 cup yellow onion, diced

1 tablespoon garlic, minced

1 cup mozzarella cheese, grated

9 oven-ready lasagna noodles

PREPARATION

- 1 Preheat conventional oven to 375° F.
- 2 In a skillet, heat the oil over medium-high heat. Sauté the kale until it softens.
- 3 For the cheese mix, squeeze excess liquid from the kale and chop it. In a medium bowl, mix the kale with the cottage cheese and black pepper. The cottage cheese may be pureed for a smoother consistency, if desired.
- 4 To prepare the sauce, puree red peppers, garlic, garlic powder, oregano, basil and water in a blender. Transfer the sauce into a saucepan.
- 5 In a skillet, heat the olive oil over medium heat and brown the ground turkey. Add the onion and garlic and cook until softened.
- 6 Drain any excess fat from the meat mixture. Add the cooked ground turkey to the pan with the roasted red pepper sauce and keep the meat sauce warm on a low simmer.
- 7 To assemble the lasagna, pour 1/4 of the meat mix into a 9-inch non-stick square pan. Place three oven-ready noodles on top of the meat sauce. The noodles will have to be trimmed in order to fit the pan. Top with more sauce. Layer half of the cheese mix on top of the noodles and sprinkle with 1/3 of the mozzarella cheese. Repeat with another layer of noodles, sauce, cheese mix, and mozzarella. Place a final layer of noodles and top with sauce and remaining mozzarella cheese.
- 8 Cover lasagna with aluminum foil and bake for 45 minutes. Remove the foil and then cook for another 15 minutes for the cheese to brown on top.