

# Simply Low Sodium Lasagna

Serves 9

1 Tbsp	Canola oil
2 cloves	garlic, minced
2	onions, chopped
1 lb	lean ground turkey, chicken or beef
1 small can	tomato paste
1 large can	no added salt tomatoes, undrained, chopped
2 tsp	dried oregano
1 tsp	dried basil
¼ tsp	pepper
9	lasagna noodles (whole wheat if you like)
1 pkg	frozen chopped spinach, drained
2 cups	ricotta cheese
1 ½ cups	Swiss cheese, shredded
½ cup	Parmesan cheese, grated
1	egg, lightly beaten

1. Preheat oven to 350°F.
2. In a large pot of boiling water, cook lasagna noodles for 10 to 12 minutes or until tender but firm. Drain, rinse and keep separated until ready to use. Lay singularly on a damp tea towel.
3. Heat oil in a large frying pan. Stir in onions and garlic and cook for a few minutes.
4. Add ground meat. Cook until browned.
5. Stir in tomato paste, tomatoes, oregano, basil, and pepper. Bring to a boil.
6. Reduce heat and simmer for at least 15 minutes, the longer the better. Add some water if too thick.
7. Combine spinach, ricotta cheese, only 1 cup of Swiss cheese, half of the Parmesan and the egg.

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8. Cover the bottom of a 13"x9" (3.5L) baking dish sparingly with some of the tomato sauce. Arrange the next layers as follows: 3 lasagna noodles, 1/3 cheese mixtures, 1/3 tomato sauce, 3 noodles, 1/3 cheese mixture, 1/3 tomato sauce, 3 noodles, 1/3 cheese mixture, and 1/3 tomato sauce.
9. Top with remaining Swiss cheese and grated parmesan cheeses.
10. Bake for 45 minutes or until hot and bubbly. Remove from oven and let stand for 5 minutes before serving.