

TURKEY LASAGNA

INGREDIENTS

- 4 Healthy oil
- 1 Mushrooms (Cremini) (10 oz)
- 1 Onion (small) (finely chopped)
- 1 clove Garlic (crushed)
- 1/3 C Whole-wheat **OR** gluten-free flour
- 2 C Almond milk **OR** soy milk **OR** Coconut milk (warmed)
- 1 3/4 C Chicken broth
- 8 Lasagna noodles (no boil)
- 1 pkg Spinach (frozen) (10 oz) (chopped)(thawed) (squeezed dry)
- 2 C Turkey (cooked) (cut into 1/2-inch pieces)
- 3/4 C Vegan Parmesan cheese
- 1 C Mozzarella cheese (low fat) **OR** Vegan mozzarella cheese (shredded)
- Non-stick cooking spray



DIRECTIONS

- 1 Add 1 T oil to a large saute pan & warm to medium-heat
- 2 Add mushrooms, onion, garlic & cook stirring occasionally
- 3 When mushrooms are lightly browned (about 8 minutes) set aside
- 4 In a 4-quart saucepan, add remaining oil & warm to medium-heat
- 5 Whisk in flour & cook 1 minute & gradually whisk in 'milk' & broth until well blended
- 6 Cook until sauce thickens & boils, stirring frequently
- 7 Boil (2 minutes) & set sauce aside
- 8 Pre-heat oven to 375 F & spray 8 X 8 glass or ceramic baking dish with nonstick cooking spray
- 9 Pour 1/2 cup sauce in bottom of baking dish & place 2 noodles over sauce, overlapping to fit
- 10 Top evenly with 1/2 of spinach, 1/2 of turkey & then 1/2 cup sauce & sprinkle with 1/4 Parmesan
- 11 Top with 2 noodles, mushroom mix, 3/4 cup mozzarella & then 1/2 cup sauce
- 12 Top with 2 noodles, remaining spinach & turkey & then 3/4 cup sauce & 1/4 cup Parmesan
- 13 Arrange remaining noodles on top & spoon remaining sauce over noodles to cover
- 14 Sprinkle with remaining mozzarella & Parmesan.
- 15 Spray sheet of foil with nonstick cooking spray & cover baking dish with the sprayed side down
- 16 Bake lasagna 30 minutes & then remove foil & bake 15 minutes longer or until hot and bubbly in the center & & lightly browned

NOTES

Serves 6

