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Heart Healthy Lasagna

Warm up in fall and winter with this delicious and nutritious meal.

Preheat oven to 400 degrees Fahrenheit.

Heat 2 tbsp. olive oil in a 2 to 3-qt pot at medium heat. Add the chopped onion and a minced garlic clove. Cook about five minutes. Add tomatoes, basil and ½ tsp each of salt and pepper. Reduce heat and simmer about 30 minutes. Set aside.

In a 12-by-15 inch pan sprinkle chopped veggies with thyme, olive oil and salt and pepper to taste. Add 2 garlic cloves and bake about 10-15 minutes.

Meanwhile in a bowl, mix the ricotta, nutmeg, 1-cup mozzarella and ½ tsp each of salt and pepper. Turn down the oven heat to 350 degrees Fahrenheit.

Brown the ground turkey in a skillet.

Coat the bottom of 9-by-13 in. pan with 1 & ½ cups of tomato sauce. Lay 3 to 4 non-cook lasagna noodles down. Layer veggies, noodles, ricotta, noodles and turkey and noodles. Cover with the last of the tomato sauce and the remaining 1-cup of mozzarella.

Bake until bubbling, about 30 minutes. Let stand 10 minutes.

Ingredients:

Olive Oil	2 (14 oz.) cans crushed tomatoes
3 Garlic Cloves	Non-cook Lasagna noodles
1 red onion	Salt & Pepper
Dried Thyme	Nutmeg
Dried Basil	15 oz of Ricotta Cheese
1 cup chopped broccoli	1 package of sliced mushrooms
1 cup chopped carrots	2 cups shredded mozzarella

*For faster cooking use jar sauce instead of making your own.