

# Skillet Lasagna

## Ingredients

1 jar (24-26 oz or 680-700 mL) marinara sauce  
3 cups (750 mL) water  
8 oz (250 g) lasagna noodles  
1 lb (500 g) bulk hot Italian turkey sausage or sausage links, casings removed  
2 garlic cloves, pressed  
2 oz (60 g) Parmesan cheese  
2 tbsp (30 mL) chopped fresh parsley, divided  
1 cup (250 mL) fresh whole milk ricotta cheese (about 8 oz/250 g, see Cook's Tip)  
1/2 cup (125 mL) shredded mozzarella cheese  
1/4 tsp (1 mL) coarsely ground black pepper  
Additional grated Parmesan cheese (optional)



## Directions

1. Combine sauce and water in (12-in./30-cm) Skillet. Cover; bring to a boil.
2. Meanwhile, wrap noodles in clean kitchen towel and break crosswise into quarters. Stir noodles into sauce. Cover; reduce heat and simmer 16-18 minutes or until noodles are tender, stirring occasionally.
3. As noodles cook, place sausage into (10-in./24-cm) Skillet; cook and stir over medium-high heat 6-8 minutes or until sausage is no longer pink, breaking into crumbles using Mix 'N Chop. Add pressed garlic; cook 1 minute. Remove from heat. Stir sausage into noodles and sauce.
4. Meanwhile, grate Parmesan cheese using Rotary Grater. Chop parsley using Santoku Knife; set aside 1 tbsp (15 mL) parsley for garnish. Combine cheeses, remaining parsley and black pepper in Classic Batter Bowl. Scoop cheese mixture over noodles using Medium Scoop. Cover Skillet and simmer gently 3-5 minutes or until cheese is melted and ricotta mixture is heated through.
5. To serve, sprinkle lasagna with reserved parsley and additional Parmesan cheese, if desired.

Yield: 1.6 servings

Nutrients per serving: Calories 470, Total Fat 21 g, Saturated Fat 9 g, Cholesterol 80 mg, Carbohydrate 41 g, Protein 30 g, Sodium 1200 mg, Fiber 3 g

U.S. Diabetic exchanges per serving:  
3 starch, 3 medium-fat meat (3 carb)

**Cook's Tips:**

Wrapping lasagna noodles in a clean kitchen towel before breaking into quarters prevents them from scattering around your countertop.

The attractive ruffled edge of regular lasagna noodles add to this dish's visual appeal. No-boil noodles can be used instead of the regular lasagna noodles, if desired. Reduce cooking time of noodles to 10-12 minutes; proceed as recipe directs.

Fresh whole milk ricotta cheese is preferred in this recipe for its smooth texture. Look for fresh ricotta cheese at the deli. Drain off excess liquid before using.

