



Favorite Skillet Lasagna

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 5 servings.

Whole wheat noodles and zucchini pump up nutrition in this delicious, family-friendly dinner. Topped with dollops of ricotta cheese, it has an extra touch of decadence. No one will believe this one's lighter. —Lorie Miner, Kamas, Utah

Ingredients

1/2 pound Italian turkey sausage links, casings removed

1 small onion, chopped

1 jar (14 ounces) spaghetti sauce

2 cups uncooked whole wheat egg noodles

1 cup water

1/2 cup chopped zucchini

1/2 cup fat-free ricotta cheese

2 tablespoons grated Parmesan cheese

1 tablespoon minced fresh parsley or 1 teaspoon dried parsley flakes

1/2 cup shredded part-skim mozzarella cheese

Directions

1. In a large nonstick skillet, cook sausage and onion over medium heat until no longer pink, breaking up sausage into crumbles; drain. Stir in spaghetti sauce, noodles, water and zucchini. Bring to a boil. Reduce heat; simmer, covered, 8-10 minutes or until noodles are tender, stirring occasionally.

2. In a small bowl, combine ricotta cheese, Parmesan cheese and parsley. Drop by tablespoonfuls over pasta mixture. Sprinkle with mozzarella cheese; cook, covered, 3-5 minutes longer or until cheese is melted.

Nutrition Facts

1 cup: 250 calories, 10g fat (3g saturated fat), 41mg cholesterol, 783mg sodium, 24g carbohydrate (7g sugars, 3g fiber), 17g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 fat.

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