

Turkey-Spinach Lasagna

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 12

*1 package (8 ounce) sliced fresh baby portabella mushrooms
2 boxes (9 ounce ea) frozen chopped spinach, thawed and squeezed to drain
1 container (15 ounce) ricotta cheese
1 1/4 cups (5 ounces) Parmesan cheese, shredded
1/4 teaspoon salt
2 jars (15 ounce ea) Alfredo pasta sauce
6 no-boil lasagna noodles
3 cups cooked turkey, chopped
2 cups (8 ounces) mozzarella cheese, shredded
chopped fresh parsley*

Preparation Time: 15 minutes

Spray a ten-inch skillet with cooking spray and heat over medium-high heat. Add the mushrooms and cook for 3 minutes, stirring often, until tender. Remove from the heat. Stir in the spinach.

In a medium bowl, mix the ricotta cheese, 1/2 cup of the Parmesan cheese and the salt.

Spray a five-quart slow cooker with cooking spray. Spread one cup of the Alfredo sauce in the slow cooker. Layer with two of the noodles, breaking as needed to fit; one cup of the turkey; one-third of the spinach mixture, one-third of the ricotta mixture and one-third of the mozzarella cheese. Repeat the layers twice. Sprinkle the remaining Parmesan cheese and parsley over the top.

Cover and cook on LOW heat setting for two to three hours or until bubbly and the noodles are tender.

Start to Finish Time: 2 hours 15 minutes

Per Serving (excluding unknown items): 176 Calories; 9g Fat (47.8% calories from fat); 19g Protein; 4g Carbohydrate; 2g Dietary Fiber; 54mg Cholesterol; 230mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

Pasta, Slow Cooker, Turkey

Per Serving Nutritional Analysis

% Calories from Fat:	47.8%
% Calories from Carbohydrates:	9.3%
% Calories from Protein:	42.9%
Total Fat (g):	9g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	54mg
Carbohydrate (g):	4g
Dietary Fiber (g):	2g
Protein (g):	19g
Sodium (mg):	230mg
Potassium (mg):	385mg
Calcium (mg):	251mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	18mg
Vitamin A (i.u.):	6158IU
Vitamin A (r.e.):	670RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	97mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 176 Calories from Fat: 84

		% Daily Values*
Total Fat	9g	15%
Saturated Fat	5g	27%
Cholesterol	54mg	18%
Sodium	230mg	10%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	9%
Protein	19g	
Vitamin A		123%
Vitamin C		31%
Calcium		25%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.