



Broccoli Rabe & Turkey Sausage Lasagna

Ingredients *Serves 8*

1 pound Italian turkey sausage, hot or sweet, casings removed	1 15-ounce container part-skim ricotta cheese	¼ cup chopped garlic
1 medium onion, finely chopped	1 teaspoon freshly ground pepper	½ cup water
1 tablespoon Italian seasoning	1 cup shredded part-skim mozzarella cheese, divided	½ cup red wine
1 28-ounce can no-salt-added crushed tomatoes	12 cups chopped broccoli rabe, tough stems removed (about 1 ½ bunches)	¼ cup chopped Kalamata olives
1 14-ounce can no-salt-added diced tomatoes	12 whole-wheat lasagna noodles (1 box), divided	½ cup grated Parmigiano-Reggiano cheese
1 tablespoon capers, rinsed		

Preparation *Total Time: 2 hours*

STEP 1: Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.

STEP 2: Cook sausage in a Dutch oven over medium heat, crumbling with a spoon, until no longer pink, 8 to 10 minutes. Transfer to a bowl with a slotted spoon. Add onion and garlic to the pot and cook, stirring, until starting to soften, about 3 minutes. Add broccoli rabe and water and bring to a simmer; cook, stirring occasionally, until the greens are wilted and most of the water is evaporated, about 5 minutes. Add wine; increase heat to high and cook until mostly evaporated, about 3 minutes. Add Italian seasoning, crushed and diced tomatoes, olives, and capers; reduce heat to maintain a lively simmer and cook for 5 minutes. Remove from heat.

STEP 3: Combine ricotta, Parmesan, and pepper in a small bowl. Break enough off the end of each lasagna noodle so they can fit into the baking dish (it's OK if they don't break in a straight line); reserve the broken pieces for another use, if desired.

STEP 4: To assemble: Spoon ½ cup of the sauce into each prepared baking dish. Cover with 3 lasagna noodles. Dollop ½ cup of the cheese mixture on top, spreading gently. Top with about ½ cup sausage and 1 cup sauce. Repeat the layers, ending with the rest of the sauce. Sprinkle each lasagna with ½ cup mozzarella.

STEP 5: To serve: Coat a piece of foil with cooking spray and cover the baking dish. Bake for 30 minutes. Uncover and bake until the cheese is golden, about 20 minutes more. Let stand 15 minutes before serving. To freeze: Let unbaked lasagna(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

Nutrition *Per Serving*

386 Calories, Total Fat: 15 g, Saturated Fat: 6 g, Cholesterol: 72 mg, Carbohydrates: 34 g, Fiber: 7 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 29 g, Sodium: 680 mg, Potassium: 827 mg, Folate: 97 mcg

Calcium: 438 mg