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## Whole Wheat Lasagna

### Lasagna Sauce

#### Ingredients:

3 -15 oz cans of Diced tomatoes

3– 15 oz cans of Tomato Sauce

2 reg size packages of L/F ground turkey or L/F ground beef – browned and drained

Chopped veggies (lots, the more the better!!) – onion, zucchini, mushrooms (optional), eggplant (optional) & spinach - (sauté onion in canola oil first if desired)

2-3 cloves of minced Garlic

Italian seasoning, Oregano, Basil, & Pepper to taste

Simmer on Stove for 30-60 minutes (depends on how big of a hurry you are in)

#### Other ingredients:

Healthy Harvest Whole Wheat Blend Lasagna Noodles 1-2 pkgs

Cottage Cheese – L/F - mixed with finely chopped Spinach

Part Skim Mozzarella cheese – shredded

Shredded Parmesan, Asiago, & Romano Cheeses (only a little on top for flavor)

### LAYERING:

Lasagna Noodles (uncooked) – single layer

Lasagna Sauce

Cottage Cheese/Spinach Mixture

Low-Fat Mozzarella – sprinkle (don't go crazy here!)

Repeat 3X in 13X9 pan

Add Parmesan, Asiago, & Romano cheeses with the mozzarella on the top & sprinkle with basil

Cook @ 350 for 40 minutes covered, then uncover and broil for 2 minutes