

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



SPEEDY STOVETOP LASAGNA

This has become one of my family's favorite Sneaky Chef dish. I'm thrilled because it's way easier and much faster to make than the traditional layered lasagna, which I would not normally take the time to make on a weeknight! The key here is to be inexact and trust that the result will taste just as good as "neat" lasagna that gets just as messy after the first bite anyway. As Michele, a reader, suggested above, feel free to improvise and add Orange and White Puree as well.

Makes 6 servings

- 1 tablespoon extra-virgin olive oil
- 1 medium-size onion, finely chopped (about 1 ½ cups)
- 3 to 4 garlic cloves, finely minced
- 1 pound lean ground turkey breast
- ¾ cup Green Puree
- 1 (6-ounce) can tomato paste
- ¼ cup oat bran
- ½ teaspoon each dried basil and oregano
- 9-ounce box uncooked lasagna noodles, roughly broken into strips
- 1 jar (24-26ounces) marinara sauce
- 1 cup part skim shredded mozzarella

Heat the oil over medium heat in a deep skillet or earthenware pot. Add the onions and garlic and cook until they are slightly translucent, about 10 minutes. Add the turkey or beef, stirring to break it up, and cook for about 5 minutes, until the meat is no longer red. In a medium bowl, combine the Green Puree and tomato paste until mixture turns brownish in color. Add to skillet, and stir in the oat bran, basil, and oregano. Add broken noodles on top of meat mixture, then top with tomato sauce. Fill empty tomato sauce jar three-quarters full of water (about 2 ½ cups) and add to skillet. Stir to combine. Bring to boil and then reduce to simmer, cover, and cook for 30 minutes, stirring occasionally. Add cheese on top, do not stir again; cover for 3 to 5 minutes until cheese is melted. Serve hot.

Nutritional Information

Serving size: 1 (284g); Calories: 534; Total Fat: 19.0g; Fiber: 6.2g; Total Carbohydrates: 67.9g; Sugars: 17.4g; Protein: 27.4g; Sodium: 1317mg; Cholesterol: 49mg.
Compared to traditional lasagna recipe: 16% less calories, 41% less fat, 31% less cholesterol, 25% less sodium, and 201% more fiber.

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