

## Turkey and Mushroom Lasagna

This recipe has plenty of that savory Italian taste, but is much more friendly when it comes to overall calories, carbs and fat. Plus, each serving packs a muscle-building 29 grams of protein. Bon appetit!

### Makes 6 Servings

- >> 1 Tbsp. olive oil
- >> 2 cups sliced mushrooms (button, portobello, chestnut)
- >> 1 1/4 cups fat-free milk
- >> 1 Tbsp. butter
- >> 1/4 cup all-purpose flour
- >> 1 bay leaf
- >> 1 lb. cooked turkey breast, cubed
- >> 1/4 tsp. grated nutmeg
- >> Salt and pepper to taste
- >> 14-oz. can chopped plum tomatoes, drained
- >> 1 tsp. dried mixed herbs
- >> 9 lasagna sheets, cooked

### For the topping

- >> 1 cup fat-free plain yogurt
- >> 1 medium egg, lightly beaten
- >> 1 Tbsp. shredded Parmesan cheese

**START:** Preheat oven to 350 degrees F. Heat oil in a medium saucepan, and cook mushrooms until tender and juices have evaporated. Remove from pan and set aside.

**PREPARE:** Place milk, butter, flour and bay leaf in saucepan. Slowly bring to a boil, stirring until thickened; simmer 2—3 minutes. Remove bay leaf and stir in cooked mushrooms, turkey, nutmeg and salt and pepper. In a medium bowl, combine tomatoes and mixed herbs, season with salt and pepper. Spoon half of vegetable mixture into a large ovenproof dish. Top with three sheets of lasagna and half of turkey mixture. Repeat layers and place remaining pasta sheets on top.

**COOK:** In a small bowl, mix yogurt and egg. Spoon over lasagna, spreading mixture into corners. Sprinkle with Parmesan cheese and bake 45 minutes.

### NUTRITION FACTS (per serving):

**291 calories, 29 g protein, 32 g carbs, 6 g fat, 2 g fiber**