

# FREEZABLE BOWTIE LASAGNA

---

Serves 8

## INGREDIENTS

- 1 pound whole grain bowtie pasta
- 1 pound ground turkey
- 1 medium white onion, diced
- 1 teaspoon garlic
- 3 cups fresh spinach
- 1 jar pasta sauce
- 1/3 cup cottage cheese
- 1 cup grated low-fat mozzarella cheese
- 1 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper

**Additional vegetable add-ins:** 8 ounce package sliced mushrooms, 1 package cherry tomatoes (halved)



## DIRECTIONS

1. Boil pasta until al dente (not quite fully cooked).
2. Brown ground turkey and onion in skillet with garlic.
3. Add spinach to skillet with the turkey, onion, and garlic. Allow the spinach to wilt, stirring as needed.
4. Add the cooked noodles, pasta sauce, spinach, cottage cheese, shredded cheese, and seasonings (and additional vegetable add-ins if applicable).
5. Mix to combine.
6. Stir on low heat until well mixed and warm. About 5 minutes.
7. If freezing, let cool completely and store in a freezer-safe container.

## NUTRITION INFORMATION PER SERVING (1/8 of recipe)

Calories: 395, Total Fat: 10g, Saturated Fat: 3g, Sodium: 214mg, Carbohydrate 49g, Fiber: 7g, Added Sugar: 1g, Protein: 26g

**SOURCE** Brooke Butterworth, 2016-2017 Vanderbilt Dietetic Intern

---