

Liz's Low-Carb Lasagna

1 lb. Ground turkey
1 can (1 lb.) tomatoes
1 can (6 oz.) tomato paste
½ c. water
1 T. basil
1 t. parsley flakes
1 clove garlic, minced
1 ½ t. salt
8 whole wheat lasagna noodles, cooked and drained

For Cheese Mixture

1 16 oz. Container creamed style cottage cheese
½ c. grated Parmesan cheese
2 eggs, beaten
2 T. parsley flakes
2 t. salt
½ t. pepper
1 lb. Grated mozzarella cheese

Brown meat in heavy pan, stirring frequently. Drain off fat. Add tomatoes, tomato paste, water and seasonings. Simmer, covered for 30 minutes.

Blend ingredients for cheese mixture, except mozzarella cheese. Grease bottom of 9 X 13 pan. Place half of noodles in pan. Cover with ½ meat mixture. Top with ½ cheese mixture and ½ of mozzarella. Repeat layers, ending with mozzarella. Bake at 350° for 30 minutes.