

Blue is Better Recipe (Serves 8) Italian Sausage Lasagna

Ingredients

- 1 pound bulk reduced-fat Italian sausage
- 1 medium onion, chopped (1/2 cup)
- 1 garlic clove, finely chopped
- 3 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil leaves or 1 teaspoon dried basil leaves
- 1 teaspoon sugar
- 2 cups Progresso® diced tomatoes (from 28-oz can), undrained
- 1 can (15 ounces) tomato sauce
- 12 uncooked lasagna noodles (12 ounces)
- 1 container (15 ounces) reduced-fat ricotta cheese or small curd creamed cottage cheese (2 cups)
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh oregano leaves or 1/2 teaspoon dried oregano leaves
- 2 cups shredded reduced-fat mozzarella cheese (8 ounces)
- 1/4 cup grated Parmesan cheese

Preparation Instructions

1. Cook sausage, onion and garlic in 10-inch skillet over medium heat, stirring occasionally, until sausage is no longer pink; drain.
2. Stir in 2 tablespoons of the parsley, the basil, sugar, tomatoes and tomato sauce. Heat to boiling, stirring occasionally; reduce heat to low. Simmer uncovered about 45 minutes or until slightly thickened.
3. Heat oven to 350°F. Cook and drain noodles as directed on package.
4. Mix ricotta cheese, 1/4 cup Parmesan cheese, remaining 1 tablespoon parsley and the oregano.
5. Spread 1 cup of the sauce mixture in ungreased rectangular baking dish, 13x9x2 inches. Top with 4 noodles. Spread 1 cup of the cheese mixture over noodles; spread with 1 cup of the sauce mixture. Sprinkle with 2/3 cup of the mozzarella cheese. Repeat with 4 noodles, the remaining cheese mixture, 1 cup of the sauce mixture and 2/3 cup of the mozzarella cheese. Top with remaining noodles and sauce mixture. Sprinkle with remaining mozzarella cheese and 1/4 cup Parmesan cheese.
6. Cover and bake 30 minutes. Uncover and bake about 15 minutes longer or until hot and bubbly. Let stand 15 minutes before cutting.



NUTRITION FACTS

Serving Size

1 Serving

Amount Per Serving:

Calories	385
Calories from Fat	115
Total Fat	13 g
Saturated Fat	7 g
Cholesterol	65 mg
Sodium	1360 mg
Carbohydrate	38 g
Dietary Fiber	3 g
Protein	32 g