

# SAUSAGE LASAGNA

## Ingredients

- 6 - 10 whole wheat lasagna noodles

### Sauce Ingredients

- 1 pound sweet Italian sausage links
- 3 Tbsp. olive oil
- 1 cup onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cups mushrooms, chopped
- 1 medium zucchini, sliced then diced into quarters
- 2 cups spinach, finely chopped
- 1 cup red wine
- 1 can (35 oz.) Italian plum tomatoes, use liquid
- 1 cup water
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil
- 1 tsp. dried thyme
- 6 cloves garlic, minced
- Salt and pepper to taste
- Pinch of red pepper flakes

### Cheese Ingredients

- 2 cups ricotta
- 1 cup mozzarella
- 1 cup parmesan
- 1 egg
- 1 cup fresh spinach, finely diced
- 1 Tbsp. Beau Monte seasoning
- 1 tsp. Italian spices (oregano and basil)
- Salt and pepper to taste



## Sauce Directions

1. Place sausage links in large pot and cover with 1/2 inch water. Bring to a boil and cook until water is gone and sausage links begin to brown. Remove sausage links from the pot and set aside. Do not wash the pot.
2. Add olive oil, onions, peppers, mushrooms, and zucchini to pot and cook over low heat until tender (10 - 20 minutes).
3. Add wine, can of tomatoes and juices, water, and all spices. Bring to a boil, reduce heat and simmer for 30 minutes.
4. While sauce is simmering, slice sausage into 1/2 inch rounds. Add sliced sausage, garlic and spinach to sauce.
5. Simmer for 20 more minutes.

## Assembly and Cooking

1. Combine ricotta, egg, spinach and spices in separate bowl. Mix together.
2. Preheat oven to 350.
3. Cook lasagna noodles according to package instructions.
3. Coat 9 x 12 inch baking pan with non-stick spray.
4. Spread thin layer of sauce on bottom of pan and cover with a layer of noodles.
5. Cover noodle layer with sauce, then a layer of the ricotta blend.
6. Repeat 2 times and finish with a layer of sauce. Top that with 1 cup of mozzarella and 1 cup Parmesan.
7. Cover with foil and bake for 40 - 45 minutes. Let set for 10 minutes before cutting.



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In The Kitchen, we're giving people the tools to take their health into their own hands. We're taking our mission to fight hunger a step further and investing in long-term health through nutrition education and hands-on cooking lessons.

The Kitchen empowers families to reduce the foods that contribute to obesity and nutrition-related health conditions. Children and adults learn to make healthy yet economical food choices, helping them move from hunger to health and self sufficiency.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved.

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Slice</b>
Amount Per Serving	
<b>Calories</b>	<b>350</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 19g Added Sugars	<b>38%</b>
Sugar Alcohol 0g	
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0.6mcg	4%
Calcium 429mg	35%
Iron 2.88mg	15%
Potassium 517mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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