Quick Spinach Lasagna

Ingredients:
- 8 ounces whole wheat noodles
- 1/2 pound ground turkey
- 1 onion
- 15 ounces low sodium tomatoes, canned
- 1 1/2 cups water
- 1/4 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 10 ounces spinach, frozen, chopped, thawed
- 4 ounces cottage cheese, low-fat
- 2 ounces mozzarella cheese, part skim milk, shredded

Equipment:
- Cutting board
- Knife
- Grater
- Non stick skillet with lid
- Spatula

Number of Servings: 6
Prep Time: 20 minutes
Total Time: 30 minutes

Directions
1. Cook noodles according to package directions. Set aside.
2. While noodles are cooking, heat skillet to medium. Brown ground turkey in skillet breaking into small pieces as it cooks until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat.
3. While turkey is cooking, cut the ends off of the onion, and peel off the brown layers. Cut onion in half and place flat side down. Slice into thin strips, keeping onion together. Turn and slice again to dice.
4. Once fat is drained from skillet, add onions and cook until tender, about 5 minutes.
5. Add turkey, tomatoes, water, garlic powder, oregano, and basil to skillet. Cover and bring to a boil.
6. Squeeze water out of thawed spinach box. Open box and add spinach to skillet. Cover and cook 5 minutes. While spinach is cooking, shred mozzarella cheese, using a grater.
7. Stir in cooked noodles, cottage cheese and mozzarella cheese. Cover and let cheese melt. Add more water if mixture gets too dry. Serve.