



DESCRIPTION

Dinner can be dull, but NOT when Carrie and her friends are around. There's always something exciting happening in Carrie's kitchen and this time she's tackling an exciting dinner dish that's sure to be a crowd pleaser!

INGREDIENTS

- 1 box of lasagna noodles
- 6 ounces lean ground turkey
- 1 small onion, chopped
- 1 cup chopped broccoli
- 1/2 cup water
- 1 cup ricotta cheese
- 1 egg, beaten
- 1 tbsp milk
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1 26oz jar of spaghetti sauce
- parmesan cheese to taste

TOOLS

- skillet
- boiling pot
- spatula
- saucepan
- mixing bowl
- 9x13 inch baking dish
- measuring cups and spoons

DIRECTIONS

1. Have an adult helper pre-heat the oven 375 degrees. Now get a pot of water on the stove to cook our lasagna noodles. When the water starts boiling, add your pasta and cook for as long as the directions on your pasta box tell you to. When the pasta is done, rinse and set aside for later.
2. Get a sauté pan and put it on the stove top and set the burner for medium heat. Add a pat of butter to the pan and let it melt. Now add your already chopped onion and the ground turkey to the pan and cook until the turkey is no longer pink. Keep an eye on the turkey and stir it occasionally.
3. Chop 1 cup of fresh spinach. Take a small sauce pan and put it on a medium heat and then add 1/4 cup of water and the chopped spinach to the pot. Let the spinach cook for 3 minutes.
4. When the turkey is done, take it off the heat and put it over to the side to cool down while the spinach is cooking.
5. When the spinach is done cooking, drain it and then add it to the turkey.
6. Measure out 1 cup of ricotta cheese and add it to the mixture. Now fill the cup all the way to the top with cheese.

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COOKING

TURKEY LASAGNA

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7. Add 1 egg, beaten to the turkey mixture.
8. Add 1 tablespoon of milk, ½ teaspoon dried thyme, and ¼ teaspoon salt. Now mix it all together with a wooden spoon.
9. Take heaping spoonfuls of the turkey mixture and spread it all over your lasagna noodle. Now take ¼ cup of your spaghetti sauce and drizzle it over the turkey.
10. Now carefully roll up our lasagna noodles like a jelly-roll pancake.
11. Put your finished roll-up into the baking pan. Make sure you put the lasagna in the pan "seam-side" down. Now we'll top off each roll-up with more pasta sauce. Cover with tinfoil and bake for 45 minutes. Sprinkle each lasagna roll-up with parmesan cheese and serve.

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