

# Lasagna

*Replace the bell peppers with sliced mushrooms for the more traditional lasagna.*

**Yield:** 24 servings

Ingredients	Measure	Nutrition per Serving	
Ground lean beef	1 lb	Calories	290
Chopped bell peppers	12 oz (2 cups)	Total Fat g	8
Chopped onion	7 oz (1 cup)	Saturated Fat g	4.5
Minced garlic (optional)	2 Tbsp	Cholesterol mg	35
Water	6 cups	Sodium mg	420
Low-sodium tomato sauce	1 lb (2 cups)	Carbohydrate g	35
<b>Med-Diet<sup>®</sup> Low Sodium Spaghetti Sauce Mix</b>	10 ½ oz (2 cups)	Fiber g	1
<b>Top Kick<sup>™</sup> Sodium Free Herb Blend Seasoning</b>	2 Tbsp	Sugar g	9
Low-fat ricotta cheese	30 oz (1 quart)	Protein g	19
Egg whites	½ cup (4 large)		
White pepper	¼ tsp		
No-boil lasagna noodles	1 lb (24 noodles)		
Shredded low-sodium mozzarella or sliced fresh mozzarella cheese	1½ lb (1½ quarts)		
Grated Parmesan cheese	2 oz (½ cup)		

## Preparation

1. Heat oven to 375°F.
2. In large skillet, cook beef until starting to brown. Add bell peppers, onion and garlic, if desired. Sauté until vegetables are tender. Add water, tomato sauce, spaghetti sauce mix and herb seasoning. Stir until sauce is blended, smooth and slightly thickened.
3. In bowl, stir together ricotta cheese and egg whites. Season with white pepper.
4. In large baking pan, spread scant 2 cups meat sauce. Lay 6 noodles over sauce. Spread one-third of ricotta mixture evenly over noodles. Spoon scant 2 cups sauce over noodles; sprinkle with 2 cups mozzarella cheese. Lay 6 noodles over mozzarella. Repeat layers twice, ending with remaining 6 noodles. Spoon remaining sauce over noodles. Sprinkle evenly with Parmesan cheese.
5. Cover pan with aluminum foil. Bake 30 minutes. Remove foil; bake 15 minutes longer or until cheese is browned and lasagna is cooked through.

**Product Information**

<b>Product</b>	<b>Case Pack</b>	<b>Yield</b>	<b>Product Code</b>
Med-Diet® Low Sodium Spaghetti Sauce Mix	6 – 16 oz	6 gal	2235786
Top Kick™ Sodium Free Herb Blend Seasoning	6 – 7 oz	3144	8631543