

TURKEY LASAGNA

INGREDIENTS

Cheese Mix

- 1 teaspoon vegetable oil
- 1 cup kale, chopped
- 2 cups low-sodium cottage cheese (1% milk fat)
- ½ teaspoon ground black pepper

Sauce

- 2 (15.5oz) jars roasted red peppers, drained*
- 1 tablespoon garlic, chopped
- 2 teaspoons garlic powder
- 1 teaspoon dry oregano
- 1 teaspoon dry basil
- 1 cup water

Meat Mix

- 1 tablespoon olive oil
- 1 pound ground turkey
- ½ cup yellow onion, diced
- 1 tablespoon garlic, minced
- 1 cup part-skim mozzarella cheese, grated
- 9 oven-ready lasagna noodles

*see recipe on the back

PREPARATION

- 1** Preheat oven to 375°F.
- 2** In a skillet, heat the oil over medium-high heat. Sauté the kale until it softens.
- 3** For the cheese mix, squeeze excess liquid from the kale. In a medium bowl, mix the kale with the cottage cheese and black pepper. The cottage cheese may be pureed for a smoother consistency.
- 4** To prepare the sauce, puree red peppers, garlic, garlic powder, oregano, basil and water in a blender. Transfer the sauce into a saucepan.
- 5** In a skillet, heat the olive oil over medium heat and brown the ground turkey. Add the onion and garlic and cook until softened.
- 6** Drain any excess fat from the meat mix. Add the cooked ground turkey to the pan with the roasted red pepper sauce and keep the meat sauce warm on a low simmer.
- 7** Spread ¼ of meat sauce in a 9-inch non-stick square pan.
- 8** Place 3 lasagna noodles over sauce. You may have to trim the noodles to fit the pan. Spread ½ of the cheese mix over the noodles, top with ¼ of the meat sauce.
- 9** Repeat layering. Top with the remaining noodles, followed by meat sauce and mozzarella cheese.
- 10** Cover lasagna with aluminum foil and bake for 45 minutes. Remove the foil and then cook for another 15 minutes for the cheese to brown on top and until it reaches an internal temperature of 165°F.



TURKEY LASAGNA



Nutrient Analysis

PER SERVING	
½ of recipe	
Renal/Diabetic exchanges:	
3 Meat + 1 Starch + 1 Lower-Potassium Vegetable	
Calories	250Kcal
Protein	22g
Total Carbohydrate	20g
Fiber	2g
Sugars	5g
Fat	10g
Saturated	3g
Cholesterol	47mg
Sodium	128mg
Potassium	297mg
Phosphorus	252mg
Calcium	145mg
Iron	2mg
Magnesium	25mg
Vitamin C	87mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

POTASSIUM CHECK ✓

Roasted Red Pepper Sauce From Scratch

Many recipes, especially pasta dishes, include tomato sauce. But fresh tomatoes and the sauce made from them can be high in potassium. Individuals with chronic kidney disease may need to avoid many recipes containing tomato sauce. Roasting sweet red peppers and pureeing them to form a sauce allows you to create similar recipes with less potassium.

Roasted red pepper sauce can be very flavorful and adds color to many types of food. You can buy roasted red peppers as in our lasagna recipe or you can make your own:

- 1** Clean, seed and cut peppers in halves, preheat oven to 450°F.
- 2** Line baking pan with parchment paper and place peppers with the skin side up in the pan.
- 3** Roast for about 25 minutes or until the skins are wrinkled and charred.
- 4** Let peppers cool in a paper bag so that the skin can easily be removed.
- 5** Once the skin has been removed, add the peppers, some olive oil, some garlic and other desired herbs to a blender and puree.

You can substitute this sauce for tomato sauce in any recipe. Use as a flavorful garnish for pan-fried fish, grilled salmon, eggs or chicken. Add it to dips, soups, stew, other sauces and condiments. Leftover sauce can be kept in the refrigerator for up to three days. Ask your renal dietitian how much roasted red pepper sauce you can have as part of your kidney-friendly diet.

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