



Sweet Potato and Turkey Lasagna

This healthy spin on a classic is not only delicious, but also heart healthy, gluten-free, is lower in carbs, and higher in Vitamin C than classic lasagna!



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca

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You'll need:

- 1.5 lb lean ground turkey
- 400g sweet potato (100g each lasagna, thinly sliced)
- 1 egg white
- 1/2 cup low fat cottage cheese
- 1/2 cup reduced fat mozzarella
- 2 vine tomatoes
- 15oz organic tomato sauce (no salt)
- 1/3 cup mushrooms
- 1/3 cup red onions
- 1 tbsp garlic paste
- ~1/2 cup chopped cilantro (use as desired)
- Seasonings: 1 tbsp Italian seasoning, sea salt, pepper

To make the Squash:

1. Set oven to 375F.
2. Slice sweet potato using a mandolin or sharp knife and separately chop up tomatoes, onions and mushrooms.
3. Mix cottage cheese with egg white and set aside.
4. Sauté red onions with garlic paste, then add meat, tomatoes, cilantro, mushrooms, tomato sauce, Italian seasoning.
5. Build lasagna. Add sweet potato slices, meat sauce, cottage cheese and then repeat. Top with mozzarella.
6. Cover with aluminum foil and bake for 45 minutes at 375F.

Enjoy!

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