



EPISODE 12: ITALIAN FEAST

Hearty Turkey Lasagna Rolls

1 lb ground turkey breast	1/8 tsp nutmeg
1 tsp Italian seasoning	1/2 cup part skim mozzarella (shredded)
1 cup mushrooms (chopped)	1/4 cup part skim ricotta cheese
1 medium onion (chopped)	1 large egg, lightly beaten
1 small carrot (minced)	12 oz. whole wheat lasagna noodles (cooked)
2 cloves garlic (minced)	16 oz. can tomatoes puree
1/4 cup dry red wine	

Directions:

Preheat oven to 350°. In a large non-stick skillet, thoroughly brown ground turkey, draining fat. Add Italian seasoning, mushrooms, onion, carrot, and garlic to pan and sauté until vegetables are tender. Add wine and nutmeg and cook until wine is almost evaporated. Remove from heat and let cool for 10 to 15 minutes. In a medium bowl, thoroughly combine meat mixture, mozzarella cheese, ricotta cheese, and egg. Pour half of the can of pureed tomato evenly in a 13"x9" baking dish. Evenly spread a third of the meat filling over each lasagna noodle, and roll. Place lasagna rolls in baking dish evenly spaced, and spread remaining sauce over the top of the rolls. Bake covered for 40 minutes. Serves 6.

Per serving: 410 calories, 28 grams protein, 11 grams fat (3.5 grams saturated), 100 mg cholesterol, 47 grams carbohydrate, 10 grams fiber, 270 mg sodium

Vegetable Medley Parmesan

1 tbsp olive oil	1 cup yellow squash (diced)
1 cup baby carrots	1 cup zucchini (diced)
1 cup broccoli florets	1 small onion (diced)
1 cup potatoes (diced)	1 clove garlic (minced)
1 cup small red bell pepper (diced)	2 tbsp fresh lemon juice
1 small yellow bell pepper (diced)	1/2 cup parmesan cheese (shredded)

Directions:

In a large sauté pan, heat oil to medium high heat. Add vegetables and sauté for 7 minutes or until vegetables are soft to the touch. Add lemon juice and sauté one more minute. Top with parmesan cheese and serve. Serves 4.

Per serving: 160 calories, 8 grams protein, 8 grams fat (3 grams saturated), 15 mg cholesterol, 16 grams carbohydrate, 4 grams fiber, 230 mg sodium