

Sausage and Spinach Lasagna

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-spinach-lasagna-recipe>

Ingredients:

- 1 box lasagna noodles Barilla, or your favorite brand
- 1 pound italian sausage or Turkey Italian Sausage, removed from casings, cooked and crumbled
- 2 jars sauce your favorite
- 2 cups whole milk ricotta
- 12 ounces spinach box of frozen chopped, or leaf, defrosted and drained very well
- 1/3 cup Parmesan cheese
- 1 egg
- 2 tablespoons parsley flakes dried
- 2 salt good pinches of
- fresh ground pepper, to taste fresh, to taste
- 3 cups mozzarella cheese shredded, it's best to buy a block and shred yourself
- 2 tablespoons olive oil
- 1 onion medium, minced
- 1 can crushed tomatoes
- 1 can tomato sauce
- 2 teaspoons oregano flakes
- 1 teaspoon parsley flakes
- 1 pinch salt pepper and sugar, sugar is optional

Nutrition:

1. Calories: 1330 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 280 milligrams
4. Fat: 91 grams
5. Fiber: 14 grams
6. Protein: 63 grams
7. SaturatedFat: 40 grams
8. Sodium: 3630 milligrams
9. Sugar: 35 grams

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