

Italian Sausage Skillet Lasagna

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/meal-prep-for-the-week-recipes>

Ingredients:

- 1 tablespoon olive oil
- 1 onion small, finely chopped
- 5 cloves garlic minced
- 8 Italian sausage hot or mild, casings removed and broken into bite size chunks
- 1 tablespoon herb Italian, Blend Seasoning i.e. Clubhouse Italiano Seasoning
- 2 1/2 cups marinara sauce
- 1 tablespoon fresh oregano finely chopped
- 1 tablespoon fresh basil finely chopped
- 1 tablespoon fresh thyme finely chopped
- 1 teaspoon chili flakes Red Pepper, more or less to taste
- 2 cups baby spinach leaves Fresh
- 10 cooked lasagna noodles not oven ready or no-boil
- 6 tablespoons ricotta cheese
- 1 cup mozzarella cheese freshly grated
- 1 cup Parmigiano Reggiano freshly grated

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 180 milligrams
4. Fat: 75 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 29 grams
8. Sodium: 2340 milligrams
9. Sugar: 13 grams

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