

Sausage and Kale Mock Lasagna Casserole

Yield: 7 min
Total Time: 75 min

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

Ingredients:

- 2 kale medium-sized bunches of
- 1 teaspoon salt for water to cook kale
- 2 teaspoons olive oil
- 19 1/2 ounces Italian turkey sausage
- 3 cups pasta sauce low-sugar, I used Classico Tomato and Basil sauce from a jar because I didn't have any homemade sauce
- 1 teaspoon dried basil
- 1 teaspoon fennel ground
- 2 tablespoons grated Parmesan cheese finely
- 1 cup reduced fat mozzarella grated

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 3 grams
8. Sodium: 1650 milligrams
9. Sugar: 12 grams

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