

# Weight Watchers Friendly Lasagna

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-turkey-swiss-sandwich-recipe>

## Ingredients:

- 2 cups turkey ground lean, 97% lean beef, or soy crumbles
- 1/2 cup diced tomato
- 1 cup tomato sauce
- 1 teaspoon minced fresh parsley
- 1 teaspoon black pepper
- 1 teaspoon olive oil
- 1/3 cup ricotta cheese part-skim or light, or cottage cheese
- 1 cup part skim mozzarella cheese
- 1 zucchini sliced
- 9 lasagna noodles
- 1 handful fresh basil
- 2 cups ground turkey or beef lean, 97% or soy crumbles
- 1/2 cup diced tomato
- 1 cup tomato sauce
- 1 teaspoon minced fresh parsley
- 1 teaspoon black pepper
- 1 teaspoon olive oil
- 1/3 cup ricotta cheese part-skim or light, optional
- 1 cup part skim mozzarella cheese
- 1 zucchini sliced
- 10 lasagna noodles
- 1 handful fresh basil

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 60 milligrams

4. Fat: 16 grams
  5. Fiber: 4 grams
  6. Protein: 21 grams
  7. SaturatedFat: 8 grams
  8. Sodium: 630 milligrams
  9. Sugar: 11 grams
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