

## **Rich Lasagna**

20 oz lean ground turkey  
1 clove garlic, minced  
1 T parsley flakes  
1 T dried basil  
1 t salt  
1 15 oz can diced tomatoes  
12 oz can tomato paste  
10 oz whole wheat lasagna  
24 oz cottage cheese  
2 eggs  
½ c grated parmesan cheese  
2 T parsley flakes  
1 t salt  
½ t ground pepper  
16 oz mozzarella cheese

Brown meat and drain off grease. Add next 6 ingredients and simmer uncovered for about 45 min. Meanwhile, cook pasta until tender. Drain & rinse in cold water. In medium bowl, mix cottage cheese, eggs, parmesan, & remaining spices. Thinly slice mozzarella. Place half the noodles in greased 13x9 baking dish, top with half cottage cheese mixture, then cover with half mozzarella slices, and top with half meat mixture. Repeat layers one more time. Bake at 375 degrees for 30 minutes. Let stand 15 min before cutting.  
12 servings – each 360 calories

## **Chicken & Biscuits**

1 ½ c chicken broth  
1 ½ c % milk, divided  
½ t poultry seasoning  
¼ t onion powder  
¼ t garlic powder  
¼ t ground pepper & ¼ t salt  
1/4 t dried parsley  
1/3 c whole wheat flour  
4 c diced, cooked chicken breast  
3 c frozen mixed veggies, thawed  
2 c whole wheat flour  
1 T baking powder  
½ t salt  
½ t baking soda  
4 T butter, cut-in  
3/4 c lowfat buttermilk

In medium saucepan, mix broth, 1/2 c milk & next 6 spices. Bring to boil. In small bowl, whisk remaining 1 c milk & flour. Stir into broth until thickened. In large bowl, stir together sauce, chicken, and mixed veggies. Pour into greased 3 qt baking dish. Bake at 400 degrees for 20 minutes. Meanwhile, in medium bowl, mix flour & next 3 ingredients. Cut in butter and then stir in buttermilk, adding a little more milk if needed. Turn onto floured surface. Knead a few times and press into 7 inch round. Use biscuit cutter to cut 8 biscuits. Place on top of chicken mixture and bake another 12 minutes.  
8 servings – each 282 calories