Hearty Turkey Lasagna Rolls

1 lb ground turkey breast

1 tsp Italian seasoning

1 cup mushrooms (chopped)

1 medium onion (chopped)

1 small carrot (minced)

2 cloves garlic (minced)

¼ cup dry red wine

1/8 tsp nutmeg

½ cup part skim mozzarella (shredded)

¼ cup part skim ricotta cheese

1 large egg, lightly beaten

12 oz. whole wheat lasagna noodles (cooked)

16 oz. can tomatoes puree

Directions:

Preheat oven to 350º. In a large non-stick skillet, thoroughly brown ground turkey, draining fat. Add Italian seasoning, mushrooms, onion, carrot, and garlic to pan and sauté until vegetables are tender. Add wine and nutmeg and cook until wine is almost evaporated. Remove from heat and let cool for 10 to 15 minutes. In a medium bowl, thoroughly combine meat mixture, mozzarella cheese, ricotta cheese, and egg. Pour half of the can of pureed tomato evenly in a 13"x9" baking dish. Evenly spread a third of the meat filling over each lasagna noodle, and roll. Place lasagna rolls in baking dish evenly spaced, and spread remaining sauce over the top of the rolls. Bake covered for 40 minutes. Serves 6.

Per serving: 410 calories, 28 grams protein, 11 grams fat (3.5 grams saturated), 100 mg cholesterol, 47 grams carbohydrate, 10 grams fiber, 270 mg sodium

Vegetable Medley Parmesan

1 tbsp olive oil

1 cup baby carrots

1 cup broccoli florets

1 cup potatoes (diced)

1 cup small red bell pepper (diced)

1 small yellow bell pepper (diced)

1 cup yellow squash (diced)

1 cup zucchini (diced)

1 small onion (diced)

1 clove garlic (minced)

2 tbsp fresh lemon juice

½ cup parmesan cheese (shredded)

Directions:

In a large sauté pan, heat oil to medium high heat. Add vegetables and sauté for 7 minutes or until vegetables are soft to the touch. Add lemon juice and sauté one more minute. Top with parmesan cheese and serve. Serves 4.

Per serving: 160 calories, 8 grams protein, 8 grams fat (3 grams saturated), 15 mg cholesterol, 16 grams carbohydrate, 4 grams fiber, 230 mg sodium