

Greek Lamb and Feta Lasagna

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

2 teaspoons olive oil
 1 ½ cups onion, chopped
 1 ½ tablespoons garlic, minced
 1 tablespoon fresh rosemary, chopped
 9 ounces lean ground lamb
 9 ounces extra lean ground beef
 1 ¼ cups unsalted chicken stock
 1 teaspoon kosher salt
 ¾ teaspoons freshly ground black pepper
 1 28-ounce can crushed tomatoes, with liquid
 1 14-ounce can crushed tomatoes, with liquid
 1 bag baby spinach
 ¼ cup Kalamata olives, pitted, chopped
 1 ¼ cups part skin ricotta cheese
 ½ teaspoon lemon rind, grated
 9 no boil lasagna noodles (whole wheat if available)
 3 ounces feta cheese, crumbled
 3 tablespoons chopped flat leaf parsley

Method of Preparation:

1. Start by heating a large skillet over medium heat to prepare the meat mixture. Heat oil in pan. Add onion, garlic, rosemary, lamb and beef. Cook until lamb and beef are browned, stirring to crumble. Add stock, cook for 3 minutes. Stir in salt, pepper, spinach and tomatoes. Bring to a boil, reduce heat and simmer 4 minutes, scraping pan of browned bits.
2. In a small bowl, combine ricotta and lemon rind.
3. Spread 2 cups tomato mixture on the bottom of slow cooker. Arrange lasagna noodles (break if needed) to cover sauce, spread a layer of ricotta mixture on top of the noodle, top with two cups tomato mixture. Repeat layers until sauce, noodles and cheese mixture are gone, ending with tomato sauce on top. Sprinkle with feta cheese.
4. Cover and cook on LOW for 4 to 6 hours.



Nutritional Analysis:

Calories: 110
 Carbohydrates: 129 g
 Sodium: 1,578 mg
 Protein: 63 g
 Fat: 37 g
 Fiber: 12 g