 **Kale and Sausage Lasagna**

*Serves 6*

**Ingredients**

2 medium bunches of kale

2 tsp olive oil

1 lb Italian turkey sausage

3 cups tomato sauce

1 tsp dried basil

¼ cup parmesan cheese

2 cups mozzarella cheese

16oz ricotta cheese

**Directions**

1. Preheat oven to 375 degrees F.
2. Bring a pot of water to a boil. Remove stems from kale and cut leaves into strips. Add kale to pot once water is boiling and reduce to a low boil. Cook 5-6 minutes. Drain kale in a colander and let dry.
3. In a large skillet, heat oil. Remove sausage from casings and cook in skillet until browned. Add pasta sauce and basil. You can also add other veggies to this mix like mushrooms, peppers, or onions. Simmer for 20-25 minutes until it has thickened.
4. In a large casserole dish, layer half the kale, 2 tbsp parmesan cheese, 1 cup ricotta, half sauce mixture, and 1 cup mozzarella. Repeat layer.
5. Cover with foil and bake 20-25 minutes then remove foil and bake 15-20 minutes until cheese is lightly browned.

**Nutrition**

*350 cals, 11g C, 31g P, 20g F*