

## Ground Turkey & Sweet Potato Zucchini Lasagna

Servings: 4

Slightly adapted from <http://pinchofyum.com/sausage-sweet-potato-zucchini-lasagna>

### Ingredients

2 large zucchini  
1/2 tsp salt  
1/2 medium onion, diced  
1/2 lb lean ground turkey  
1 large sweet potato, peeled  
1/2 cup milk  
1/4 cup chicken broth  
1 Tbsp olive oil  
1 tsp minced garlic  
1 tsp chili powder  
1 tsp ground cumin  
1/4 cup chopped cilantro  
1 cup shredded reduced-fat mozzarella cheese

### Preparation

- 1) Cut the zucchini into thin strips lengthwise. It is easiest to use a mandolin or vegetable peeler but you can also use a knife. Lay them on paper towels and sprinkle with salt. Let rest while you prep the other ingredients - the excess moisture will seep out of them and you can press them with paper towels when they're ready.
- 2) Spray a large skillet with cooking spray and bring to medium-high heat. Add onion and ground turkey; brown, stirring frequently, until no longer pink.
- 3) Meanwhile, wash the sweet potato, poke with a fork several times, wrap once in a paper towel, and microwave for 5-7 minutes or until soft. Cut into chunks, transfer to a blender, and puree with the milk, chicken broth, olive oil, garlic, chili powder, and ground cumin until smooth and creamy.
- 4) Preheat the oven to 375 degrees. Spray a 9x13 baking dish with nonstick cooking spray. Layer the zucchini noodles, sauce, ground turkey, cilantro, and cheese; repeat layers two times. End with a final layer of zucchini noodles covered with a little sauce and cheese. Cover with greased foil so the cheese won't stick and bake for 30-45 minutes. Remove from the oven and let stand for at least 15-20 minutes.