

Italian Casserole

1 lb. rotini
1 lb. ground turkey
32 oz. jar spaghetti sauce
8 oz. lowfat cream cheese
1/2 cup fat-free sour cream
1/2 cup fat-free cottage cheese
1/3 cup onions, minced

Preheat oven to 375°F. Cook and drain noodles; set aside. Brown ground turkey in a nonstick skillet. Drain and rinse with warm water. Return turkey to skillet. Add spaghetti sauce. Remove from heat.

Combine 2 cheeses, sour cream and onion in a 2 qt. casserole dish. Layer with 1/2 noodles. Follow with 1/2 of turkey sauce, remaining noodles then remaining turkey sauce. Bake for about 45 minutes. Makes 10 servings.

Nutrition information per serving: calories 327; protein 19 grams; fat 8 grams; sodium 436 mg