



LOW CARB LASAGNA (DAIRY FREE)

INGREDIENTS

- 1 medium sized cabbage
- Dash of salt
- 1/2 lb ground turkey
- 1 small yellow onion
- 1 clove garlic
- 3 egg whites
- 1 tsp dried oregano
- 1 cup marinara sauce

INSTRUCTIONS

- Preheat oven to 400 degrees F and very lightly grease (olive oil) an 8x8 inch dish

NOODLES

- Boil a large pot of water with a dash of salt added
- Take about 9-10 cabbage leaves off of the head trying your best to keep them as whole as possible
- Blanch the cabbage leaves by adding them 3-4 at a time to the boiling water and cook for no more than 5 min
- Take them out and immediately, put them in your strainer and run cold water over them to stop the cooking process
- Repeat for the rest of the noodles



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INSTRUCTIONS CONT.

FILLING

- In a medium skillet, place the turkey, garlic, onion, and oregano over medium high heat
- When the turkey is browned stir in the marinara sauce

ASSEMBLY

- Starting with a layer of cabbage, line the bottom of your dish
- Then add 1/3 layer of filling
- Top with 2-3 egg whites
- Repeat this process of layering with however many you want
- Bake for 15 minutes
- Enjoy!