



Air Fryer Lasagna

Description

Lasagna is one of the most popular homemade dinners. It's also one of the most time-consuming to make, not to mention messy.

- **PREP TIME:** 15 minutes
- **COOK TIME:** 40 minutes
- **TOTAL TIME:** 55 minutes

Ingredients

- 1/2 pound ground Italian sausage
- 24 ounces marinara sauce
- 1 cup ricotta cheese
- 1 egg, lightly beaten
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 sheets No-Boil Lasagna Noodles
- 6 fresh basil leaves
- 2 cups shredded mozzarella cheese

Instructions

1. In a medium-sized skillet over medium heat, brown the sausages, break it up with cooking into crumbles. Once there is no pink left, drain any excess fat off the sausage, take it off the heat and stir in the marina sauce, set aside.
2. Mix the ricotta, egg, parmesan, garlic powder, salt, and pepper in a medium-sized bowl. Set aside.

3. Spray an 8x8x2.5 inch baking dish with cooking spray.
4. To assemble: add 1/4 of the sauce to the bottom of the baking dish. Top with two sheets of lasagna noodles; you will need to break them up to fit. Add 1/3 of the ricotta mixture on top, smooth it out over the noodles. Tear two of the basil leaves and add them on top. Add 1/4th of the mozzarella on top of the basil. Repeat two more times until you have a top layer of noodles, followed by the remaining sauce. Add the remaining mozzarella.
5. Preheat your air fryer to 360 degrees F, air fryer setting for 5 minutes.
6. Add the lasagna and air fryer for 30 minutes, then cover the dish with foil and air fry for another 20 minutes at 280 degrees F, air fryer setting.
7. Let stand about 10 minutes before slicing. Garnish with more parmesan cheese and chopped fresh basil.
8. Plate, serve, and enjo

Nutrition Information:

YIELD: 4

SERVING SIZE: 1

Amount Per Serving: **CALORIES: 566 TOTAL**

FAT: 34g SATURATED FAT: 15g TRANS

FAT: 0g UNSATURATED

FAT: 19g CHOLESTEROL: 132mg SODIUM: 1974mg CAR

BOHYDRATES: 29g FIBER: 4g SUGAR: 12g PROTEIN: 34g

Category

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Date

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