



Spinach Lasagna

Yield: 8 servings

Ingredients:

- 9 lasagna noodles, preferably made with whole grain
- tablespoon olive oil
- 6-8 cups fresh spinach (amount need not be exact)
- 2 eggs, beaten
- 1 (16 oz.) carton fat-free or low-fat ricotta cheese
- 3 cups shredded Mozzarella cheese
- 1 jar (24 oz.) low sodium spaghetti sauce, divided



Directions:

1. Heat oven to 350 degrees F.
2. Prepare the lasagna noodles according to package directions. Don't overcook them as they will cook more during the baking process. To keep them from sticking together while you're getting the other ingredients ready, rinse them under cold water and lay on a cookie sheet, with layers separated by plastic wrap or foil.
3. As you're preparing the noodles, start assembling the other ingredients. Begin by heating olive oil over a medium-low heat in a large skillet. Add spinach to the pan in stages; turn leaves until they wilt. Add more spinach; repeat process until all of the spinach is added. Remove spinach from skillet, place in a bowl, and set aside to cool.
4. Blend eggs and ricotta cheese in a food processor or blender until smooth. Transfer to another bowl and stir in 2 cups of the shredded cheese. Then, mix in the spinach.
5. Assemble the ingredients in a 13 x 9-inch baking dish that has been sprayed with cooking spray:
Layer 1: 1 cup of the spaghetti sauce, 3 lasagna noodles, and half the ricotta mixture.
Layer 2: Repeat layer 1
Layer 3: Top with remaining 3 noodles, spaghetti sauce and the remaining 1 cup shredded cheese.
6. Bake about 35 to 45 minutes or until top is lightly browned and a food thermometer inserted into the lasagna registers 165 degrees F. Let stand 10 minutes before serving.





Cook's Notes:

1. One 10-oz bag of fresh spinach equals approximately 5-6 cups of leaves. If you wish to use frozen spinach, substitute 1 package (10 oz.) frozen chopped spinach, that has been thawed and well drained.

Nutrition Facts: Calories, 380; Calories from fat, 150; Total fat, 16g; Saturated fat, 8g; Trans fat 0g; Cholesterol, 85mg; Sodium, 460mg; Total Carbohydrate, 33g; Fiber, 7g; Protein, 27g; Vit. A, 50%; Vit. C, 10%; Calcium, 90%; Iron, 15%.

Source: University of Nebraska-Lincoln Extension

