

## *Spinach Lasagna*

Serves 8

### **Ingredients:**

2 tsp. olive oil  
1 8-oz. can "no salt added" tomato sauce  
1/4 tsp. pepper  
2 tsp. olive oil  
8 oz. uncooked lasagna noodles  
8 oz. shredded part-skim Mozzarella cheese  
1 10-oz. package fresh spinach, washed, stemmed, and chopped  
(or 1 10-oz. package frozen chopped spinach, thawed)  
12 oz. 1% fat cottage cheese (or 12 oz. reduced-fat ricotta cheese)  
Nonstick baking spray

2 cloves garlic, minced  
1 16-oz. can diced tomatoes  
1/2 tsp. oregano  
1/4 cup chopped onions  
1/4 cup grated Parmesan cheese

### **Directions:**

1. Preheat oven to 375°. Lightly coat baking dish with nonstick spray.
2. In large saucepan over low heat, saute garlic in 2 teaspoons olive oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce and tomatoes, pepper and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to separate and heat spinach.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one hour at 375° □ or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.)
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1-1/2 hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

### **Nutrition information:**

Calories: 263  
Sodium: 508 mg  
Carbohydrate: 26 g  
Protein: 19 g  
Fat: 9 g  
Exchanges: 2 Lean Meats, 1 Starch, 2 Vegetables, and 1/2 Monounsaturated Fat