

## Spinach Lasagna

### Ingredients:

Non-stick cooking spray  
 10 ounces frozen spinach, thawed  
 2 teaspoons olive oil  
 1 onion, chopped  
 8 ounces tomato sauce  
 28 ounces (large can) low sodium tomatoes, diced  
 6 ounces (small can) tomato paste  
 1/4 teaspoon garlic powder  
 1/4 teaspoon pepper  
 1/2 teaspoon oregano  
 8 ounces lasagna noodles  
 8 ounces ricotta cheese, part skim milk  
 4 ounces mozzarella cheese, part skim milk, shredded  
 1/4 cup parmesan cheese, grated

### Equipment:

Cutting board  
 Knife  
 Can opener  
 Sauce pan  
 Mixing spoon  
 Measuring cups  
 Measuring spoons  
 9 x 13 Baking dish  
 Grater

Number of Servings: 8  
 Prep Time: 20 minutes  
 Total Time: 30-60 minutes

### Directions

1. Preheat oven to 375°F. Lightly coat baking dish with nonstick spray.
2. Leave spinach in box and remove outer paper. Squeeze box to drain water out of spinach, until no water is left. Set aside. Cut ends off of onion, and remove brown skin. Slice, then chop onion into small pieces. Set aside.
3. In large saucepan over low heat, sauté onions in 2 teaspoons olive oil over low heat for 1 minute. Add tomato sauce and tomatoes, garlic powder, pepper and oregano. Simmer gently over low heat for five minutes. Add spinach and mix thoroughly until hot.
4. In 9 x 13 baking pan, pour a small amount of sauce on bottom to cover. Layer half of the uncooked lasagna noodles, spinach mixture, ricotta 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°F or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.) Can be frozen.

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Nutrition Facts			
Serving Size: 1 large square			
Servings: 8			
Amount Per Serving			
Calories 238	Calories from Fat 63		
		%Daily Value*	
Total Fat 7g			11%
Saturated Fat 4g			18%
Cholesterol 18mg			6%
Sodium 362mg			15%
Total Carbohydrate 30g			10%
Dietary Fiber 3g			12%
Protein 14g			28%
Vitamin A 72%	Vitamin C 31%		
Iron 14%	Calcium 28%		

\*Percent Daily Values are based on a 2,000 calorie diet.

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