Spinach Lasagna

Serving Size: 1/7 recipe
Yield: 7 servings

Ingredients
2 teaspoons olive oil
1 10-ounce package fresh spinach, washed, stemmed, and chopped (or 1 10-ounce package frozen chopped spinach, thawed)
2 cloves garlic, minced
1 8-ounce can “no salt added” tomato sauce
1 16-ounce can diced tomatoes
8 ounces uncooked lasagna noodles
½ teaspoon pepper
12 ounce 1% fat cottage cheese (or 12 ounce reduced-fat ricotta cheese)
½ teaspoons oregano
2 teaspoons olive oil
8 ounces shredded part-skim Mozzarella cheese
½ cup chopped onion
Nonstick baking spray

Instructions
1. Preheat oven to 375˚. Lightly coat baking dish with nonstick spray.
2. In large saucepan over low heat, sauté garlic in 2 teaspoons olive oil over low heat for 1 minute. Do not let garlic brown.
3. Add tomato sauce and tomatoes, pepper, and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.

4. 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.

5. 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.

7. 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.)

8. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3 to 4 hours and then bake, covered, for 1½ 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.