

# MUSHROOM AND SPINACH LASAGNA

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|---|---|
| 1 10 oz. package wholewheat<br>lasagna, <i>cooked and drained</i> | 1/2 tsp. freshly ground pepper          |
| 1 T olive oil   | 1/4 tsp. ground nutmeg                  |
| 1 large onion, <i>chopped</i>                                     | 1 15 oz. container part-skim ricotta    |
| 4 cloves garlic, <i>minced</i>                                    | 1 egg                                   |
| 8 oz. mushrooms, <i>sliced</i>                                    | 1 1/2 cups grated low-fat<br>mozzarella |
| 1 10 oz. package frozen, chopped<br>spinach                       | 1 cup tomato sauce                      |
| 1 tsp. salt   |   |

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Preheat the oven to 400° F. Warm the oil in a large, non-stick skillet over low heat. Add the onion and garlic. Cook until the onion is soft, about 5 minutes, stirring occasionally. Add the mushrooms and turn the heat up to medium. Cook the mushrooms until almost all the liquid has evaporated. Add the spinach. Increase the heat to high, and stir until almost all the liquid has cooked away. Stir in the salt, pepper and nutmeg. Set the mixture aside.

Stir the egg into the ricotta.

### To assemble:

Set aside 1/2 cup mozzarella.

Spread half the tomato sauce onto the bottom of a 9 x 12- inch glass or ceramic lasagna dish. Lay one-third of the pasta over the tomato sauce. Spread half the ricotta over the pasta and then half the spinach mixture over the ricotta. Sprinkle on 1/2 cup mozzarella. Cover with another layer of pasta and then repeat the ricotta, spinach and mozzarella layers. Lay the remaining pasta on top. Spread the rest of the tomato sauce over the pasta and then sprinkle the 1/2 cup of mozzarella on top of the lasagna. Bake 45 minutes, until brown on top and bubbling. Serves 8.

### NUTRITIONAL INFORMATION PER SERVING:

Calories	305	Total Fat	11g
Carbohydrates	35g	Saturated Fat	5g
Protein	18g	Sodium	742mg
Cholesterol	63mg	Dietary Fiber	13g