

Spinach Lasagna

8 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Eating dairy foods can lower your risk of developing a disease called osteoporosis that occurs when bones become weak and break easily.

- 1 (10 ounce) package spinach, frozen, chopped
- 2 eggs
- 1 (15 ounce) package ricotta cheese
- 1 Tablespoon Italian seasoning
- 1 (6 ounce) container Parmesan cheese, grated, divided
- 1 (3 pound) jar spaghetti sauce
- 12 lasagna noodles, uncooked
- 1 (6 ounce) package Mozzarella cheese, shredded, divided
- 1/2 cup water



1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray a 9 x 13-inch baking dish with non-stick cooking spray. Set aside.
3. Thaw spinach. Drain liquid. Use clean paper towels to press dry.
4. Break eggs into a large bowl. Wash hands with soap and water after cracking raw egg. Beat eggs with a fork. Add spinach, ricotta cheese, Italian seasoning, and 2 Tablespoons of the Parmesan cheese to the eggs. Mix well.
5. Spread 3/4 cup of spaghetti sauce in prepared dish.
6. Place 3 uncooked noodles on top of sauce. Spread 1/3 of spinach mixture over noodles, sprinkle with Mozzarella cheese. Spread 3/4 cup sauce over spinach mixture. Repeat noodle, spinach mixture, Mozzarella cheese, and sauce layers two more times.
7. Top with remaining 3 noodles and spaghetti sauce. Add 1/2 cup of water to jar of spaghetti sauce to clean out the jar. Pour over lasagna.
8. Sprinkle Mozzarella cheese and remaining Parmesan cheese on top. Cover tightly with foil (can spray foil with cooking spray so cheese will not stick to foil).
9. Bake about 1 hour to 1 hour and 15 minutes until cheese is bubbly and slightly browned on top. Uncover for the last 10 minutes.
10. Cool for 15 minutes before serving.

Nutrition Information per Serving: (1/8 of recipe) Calories 310, Total Fat 13g, Saturated Fat 6g, Cholesterol 75mg, Sodium 850mg, Total Carbohydrate 29g, Dietary Fiber 3g, Sugars 1g, Protein 19g, Vitamin A 60%, Vitamin C 45%, Calcium 45%, Iron 15%.