

Spinach Lasagna

1/4 cup skim milk
1 container (15 ounces) light ricotta cheese
1 jar (about 32 ounces) meatless spaghetti sauce
7 lasagna noodles, cooked and drained
1 bunch (1 pound) fresh spinach, washed, dried, and torn into pieces
1/2 cup grated Parmesan cheese
1/2 cup sliced almonds
2 cups shredded reduced-fat mozzarella cheese

Preheat oven to 350°F. Mix the milk and ricotta cheese in a small bowl; set aside. Lasagna is made by building alternating layers of noodles, cheese, sauce, and other ingredients. First, cover the bottom of a 9"x13" baking pan with about half of the sauce. Follow with layers of half the noodles, half the spinach pieces, half the ricotta mixture, half the Parmesan cheese, half the almonds, and half the mozzarella cheese. Again starting with the sauce, repeat the layers, reserving a little sauce and some almonds to sprinkle on top. Bake for 30 minutes; let sit 10 minutes before cutting into 8 squares. Serve warm.

Preparation time: 15 minutes
Baking time: 30 minutes
Yield: 8 servings Serving size: 1/8 pan
Per Serving:
Calories: 384
Carbohydrate: 37 g
Protein: 21 g
Fat: 18 g
Fiber: 6 g