



EAT WELL, CARE WELL.

LASAGNA

Lasagna is a great dish to make one day and enjoy leftovers. It freezes and reheats great. OR you can make it in smaller batches like shown above. You can make quick and healthy varieties that taste great by following these tips. Have fun with it. It's a great way to pack in nutrients and use produce or leftover meat.

Follow this basic layering pattern of sauce, noodles, veggies, protein source, cheese blend, repeat for 2-3 layers.

- **Sauce:** Use spaghetti or marinara sauce, look for one with less added sugar. You can also use tomato or pizza sauce and season it as you wish or even alfredo sauce.
- **Noodles:** The oven-bake, no boil lasagna noodles work great and save a lot of time. You can also use sliced zucchini or eggplant if you don't have noodles or if you are gluten free.
- **Veggies:** Add shredded carrots to the ricotta mixture, layer fresh spinach or sauté onions, mushrooms, green peppers, or any veggies you like and add them as a layer.
- **Protein:** You can use cooked hamburger, sausage, leftover chicken, black or any beans, or just a variety of cheeses.
- **Cheese Blend:** You can use ricotta or cottage cheese, mixed with 1-2 eggs and some mozzarella, Italian blend or parmesan.

WEEKLY CHALLENGES

MAKE LASAGNA THIS WEEK

ADD A NEW TWIST TO YOUR LASAGNA

INVITE FRIENDS OVER TO SHARE THE MEAL

HAVE LEFTOVER LASAGNA ON A BUSY DAY

DID YOU KNOW
RESEARCHERS IN BRITAIN FOUND A COOKBOOK WITH A LASAGNA RECIPE THAT DATES BACK TO THE 1390'S, STAKING THEIR CLAIM TO THE FIRST LASAGNA.

Skinny Spinach Lasagna

Recipe adapted from <https://pinchofyum.com/skinny-spinach-lasagna>

INGREDIENTS

- 2 tablespoons butter or oil
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh thyme
- 6 ounces fresh spinach
- 2 lbs. ricotta cheese (I used 1 lb. whole milk and 1 lb. nonfat)
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg (if desired)
- 1/2 teaspoon Italian seasoning
- a squeeze of lemon juice (optional, to taste)
- 12 no-boil lasagna noodles
- 1 24-ounce jar of spaghetti or marinara sauce (of your choice)
- 2 cups shredded mozzarella cheese or Italian blend or a mixture of both.

Melt the butter in a large skillet over medium heat. Add the garlic and thyme; sauté for 2-3 minutes. Add the spinach; sauté until just barely wilted, about 2 minutes. Remove from heat. You can also just layer the fresh spinach leaves into the lasagna, it cooks up great.

In a large bowl, combine the ricotta, egg, salt, nutmeg, and a squeeze of lemon juice. Add the spinach and stir to combine.

Preheat the oven to 375 degrees. Spread a little bit of tomato sauce in the bottom of a 9×13 pan. Layer with 3 lasagna noodles, 1/3 of the spinach mixture, 1/4 of the tomato sauce, and 1/4 of the cheese. Repeat and pour 1/2 cup water over the two layers. Repeat once more, ending with noodles, sauce, and cheese. Pour 1/2 cup water over the whole thing again and cover tightly with oiled foil.

Bake for 30-40 minutes; when the liquid is bubbling, and the noodles have softened, remove the foil and bake uncovered for 10 more minutes. Let stand for 10-15 minutes before serving so that the lasagna noodles can soak up all the extra moisture.