

Potato Spinach Lasagna

Prep time: 30 minutes

Cook time: 45 minutes

Makes: 4 Servings

A unique and flavorful meat-free lasagna layered with sliced potatoes instead of noodles.

Ingredients

- 7 small red potatoes
- 1/2 cup onion (chopped)
- 2 cloves garlic (minced)
- 1 tablespoon olive oil
- 3 ounces Fresh Baby Spinach (about 3 1/2 cups)
- 3/4 cup non-fat ricotta cheese (or cottage cheese)
- 3/4 cup Part-skim mozzarella cheese (shredded)
- 2 tablespoons Parmesan cheese (grated)
- 1 egg (beaten)
- 1 1/2 cups reduced sodium pasta sauce (about 1/2 of 24-oz jar)

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Bring water to a boil in large sauce pan.
3. Thinly slice potatoes, add to boiling water and cook 5 minutes, drain and rinse with cool water; drain again.
4. Heat olive oil in medium skillet, add onions and garlic; sauté about 2-3 minutes until just starting to brown.
5. Add spinach, sauté 1 more minute.
6. Remove from heat and drain off liquid.
7. In a medium bowl, mix cheese with egg until well blended.
8. Add layers to 8" square baking dish as follows, using about 1/4 of each: pasta sauce, potato slices, sauteed spinach mixture and cheese mixture.
9. Repeat layers until all ingredients are used.
0. Cover with foil.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	12 g	18%
Protein	19 g	
Carbohydrates	63 g	21%
Dietary Fiber	8 g	33%
Saturated Fat	4 g	20%
Sodium	360 mg	15%

MyPlate Food Groups

Vegetables	2 1/2 cups
Protein Foods	1/4 cup
Dairy	1 cup

1. Bake about 35-40 minutes.
2. Remove foil and bake an additional 10 minutes until cheese is melted.

Notes

Serve with sparkling water, lemon slice, and a slice of rustic grain bread.

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