

# Spinach Lasagna with Vegetables

## Ingredients:

- 1 box of lasagna noodles (1 pound)
- 2 cups of spinach (fresh or frozen), well drained and patted dry
- 1/2 cup peas (fresh, frozen, or canned)
- 2 teaspoons sugar
- 1/4 cup celery, chopped
- 1/4 cup onion, chopped
- 1/2 cup mozzarella cheese
- 1/2 cup spaghetti sauce

## Directions:

Preheat oven to 350°. Cook lasagna noodles according to directions on box. Cook spinach, peas, celery, and onion on stovetop until vegetables are soft; add sugar. In a 9"x 13" glass pan or casserole dish, layer lasagna noodles and spinach mixture. Top with mozzarella cheese and sauce. Continue the above until you reach your third layer. Spread sauce over top layer and bake for 45 minutes.

## How do I prepare my fresh spinach?

Choose dark green crisp leaves. Avoid limp, damaged, spotted, or slimy spinach. Spinach can be gritty, so wash and dry thoroughly. Store wrapped in paper towels inside a plastic bag in the refrigerator for up to one week. Remove tough stems and discard. Pack leaves tightly into measure, as it will shrink a lot after cooking. Combine veggies in a pot on the stove with a little water. Cover and cook over medium low until spinach darkens and veggies soften. This will take longer than if frozen or canned veggies are used.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

<b>Nutrition Facts</b>	
Serving Size 8-10 oz	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 80%	• Vitamin C 4%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	