

SPINACH LASAGNA

6 Servings

INGREDIENTS

- 9 lasagna noodles
- 2 packages (10oz) fresh spinach
- 2 cups tomato sauce
- 1 (156ml) can tomato paste
- 1 Tbsp dried parsley
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp pepper
- 1 container (500g) cottage cheese
- 1 ½ cups grated cheese

DIRECTIONS

Step 1

Cook lasagna noodles according to package. Make sure they are still slightly firm. Drain and set aside.

Step 2

Meanwhile, cut the stems off the spinach. Wash and dry the leaves. Put the spinach in a medium saucepan. Add about ¼ cup hot water. Turn on the stove to high heat. Cover and cook for 2-3 minutes. Rinse spinach with cold water. Put in a strainer to drain.

Step 3

Turn stove on to medium-high heat. Combine tomato sauce, tomato paste, parsley, oregano, salt and pepper in a large saucepan. Cook and stir until mixture boils. Turn heat to low and simmer for 10 minutes.

SHOPPING LIST

Lasagna noodles

Spinach

Tomato sauce

Tomato paste

Dried parsley

Oregano

Cottage cheese

Grated cheese of choice
(mozzarella or cheddar are
good options)

Step 4

Turn oven on to 350 degrees F.

Step 5

Spread a thin layer of sauce on the bottom of a 13x9x2 inch baking pan. Arrange 3 lasagna noodles over the sauce. Spread with 1/3 of the sauce, 1/3 of the cottage cheese, 1/3 of the spinach, and 1/3 of the grated cheese.

Step 6

Repeat step 5 two more times

Step 7

Bake lasagna for 30-40 minutes. Let sit 10 minutes before serving. Enjoy!