

Easy Spinach Lasagna

Yield: 8 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-lasagna-recipe-n-noodles-italian-diced-tomatoes>

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 20 ounces frozen chopped spinach
- 1/2 onion chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 2 cloves garlic crushed
- 32 ounces tomato Classico®, and Basil Sauce
- 1 1/2 cups water
- 2 cups non fat cottage cheese
- 8 ounces part-skim mozzarella cheese shredded
- 1/4 cup grated Parmesan cheese
- 1/2 cup fresh parsley chopped
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 egg
- 8 ounces lasagna noodles

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 780 milligrams
9. Sugar: 6 grams

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