



Italian Baked Lasagna

Servings: 12

Serving Size: 1/12 of dish

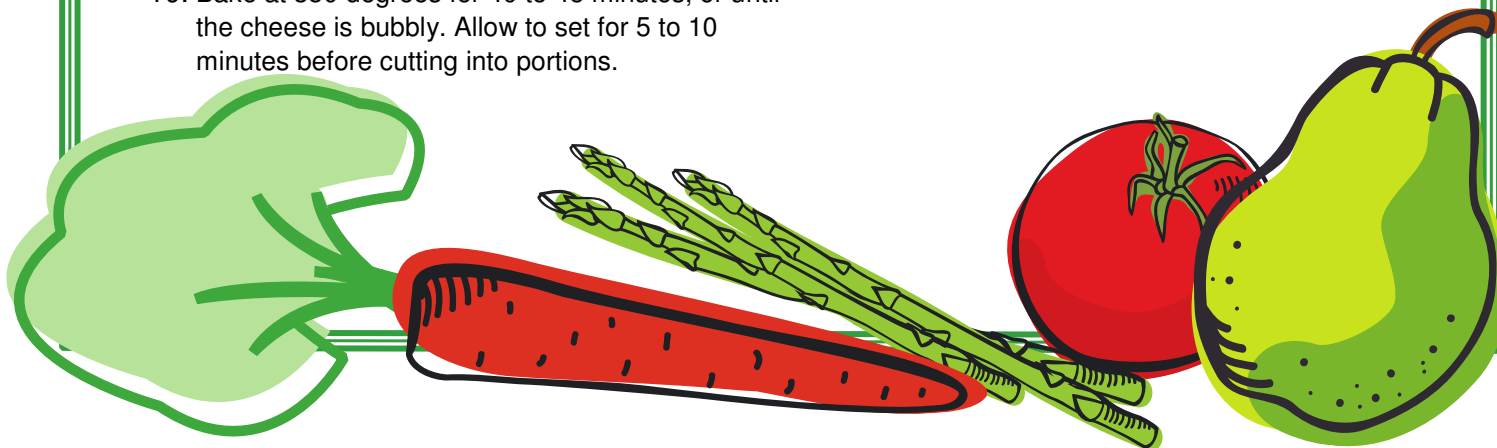
Ingredients:

- 2 cloves garlic, chopped
- 1/2 onion, chopped
- 2 (16-ounce) jars low-sodium spaghetti sauce
- 1/2 teaspoon salt
- 1 teaspoon Italian seasoning
- 1 package frozen spinach, thawed
- 2 eggs, beaten
- 2 cups low-fat, low sodium cottage cheese
- 1 pound no cook lasagna noodles
- 1 pound low-fat mozzarella cheese, grated
- 1/2 cup low-fat Parmesan cheese, grated
- Cooking oil spray

Directions:

1. Preheat the oven to 350 degrees.
2. Spray skillet with cooking oil spray. Add the garlic and onion, cook until soft.
3. Add spaghetti sauce, salt, and Italian seasoning and mix well. Simmer on low heat for 15 minutes.
4. Squeeze all of the water out of the spinach.
5. In a separate bowl, combine eggs, spinach, and cottage cheese.
6. Spray a 9" x 12", deep sided baking pan with cooking oil spray. Arrange a layer of noodles across bottom of the pan.
7. Add a layer of spaghetti sauce, cottage cheese mixture, and mozzarella cheese.
8. Add a second layer of pasta, the sauce, and cheese mixture. Repeat until pan is almost full.
9. Add one more layer of noodles and top with more spaghetti sauce. Sprinkle with parmesan cheese.
10. Bake at 350 degrees for 40 to 45 minutes, or until the cheese is bubbly. Allow to set for 5 to 10 minutes before cutting into portions.

Nutrition Facts	
Serving Size 1/12 lasagna	
Servings Per Container 12	
Amount Per Serving	
Calories 340	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 480mg	20%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 21g	
Vitamin A 60%	• Vitamin C 2%
Calcium 35%	• 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

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