

Spinach Lasagna

- 9 whole wheat lasagna noodles
- 2 packages of chopped, frozen spinach
- 2 cups tomato sauce with herbs
- 1 can tomato paste
- 1 container light cottage cheese (500 g)
- 1 1/2 cups grated light mozzarella cheese

Directions:

1. Cook lasagna noodles according to package instructions. Make sure that they are still slightly firm. Drain and set aside.
2. Rinse frozen spinach. Put spinach into a saucepan and heat on medium. Add the tomato paste and tomato sauce. Cook and stir until mixture boils.
3. Arrange 3 noodles on the bottom of a 9x13 inch baking pan. Spread with 1/3 of the spinach mixture, 1/3 of the cottage cheese and 1/3 of the grated mozzarella.
4. Repeat step 3 two more times.
5. Bake lasagna at 350° F (180°C) for 35 minutes. Let stand for 10 minutes before serving.

After baking, freeze unused portions of lasagna for another day. Be sure to label and date the container.

Go for dark green vegetables such as broccoli, romaine lettuce or spinach at least once a day!