



Lasagna Recipe Makeover

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 pound lean ground beef
- $\frac{1}{2}$ teaspoon dried oregano
- 1 tablespoon dried basil
- $\frac{1}{2}$ teaspoon ground black pepper
- 16 ounces canned tomatoes, low sodium
- 12 ounces tomato sauce, low sodium
- $\frac{1}{4}$ cup chopped onions
- 8 ounces chopped spinach
- 3 cups cottage cheese, low-fat
- 2 tablespoons chopped parsley
- $\frac{1}{2}$ cup egg substitute
- 10 ounces dry whole-wheat noodles
- $\frac{1}{4}$ cup grated Parmesan cheese
- 8 ounces shredded mozzarella cheese, part skim

1. Preheat oven to 375° F. Lightly coat a 9x13 inch baking dish with nonstick spray.
2. In a large saucepan over low heat, sauté garlic in 2 teaspoons olive oil for 1 minute. Do not let garlic brown. Add ground beef and brown. Add oregano, basil, pepper, tomatoes, and tomato sauce to ground beef mixture. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In a large nonstick skillet over low heat, sauté onions until transparent and not brown. Add chopped spinach, stirring constantly to separate and heat spinach.
4. Mix the cottage cheese, parsley, and egg in a separate bowl.
5. Layer uncooked lasagna noodles, ground beef mixture, spinach mixture, cottage cheese mixture, and mozzarella in baking pan. Repeat, using all ingredients, ending with ground beef mixture. Sprinkle top with Parmesan cheese.
6. Cover baking dish tightly with foil. Bake for 1 hour at 375° F or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.)

Yield: 8 servings. Each serving contains 462 calories, 20 g fat, 37 g carbohydrate, 64 mg cholesterol, and 632 mg sodium.