

Spinach Lasagna

Serving Information

Makes approximately 8 servings

Ingredients

2 tsp. olive or canola oil 2 cloves garlic, minced
 1 (8-oz.) can tomato sauce
 1 (15-1/2 oz.) can diced tomatoes
 1/4 tsp. pepper
 1/2 tsp. oregano
 1 tsp. olive or canola oil
 1/4 c. chopped onions
 1 (10-oz.) pkg. fresh spinach, washed, stemmed and
 chopped (or one 10-oz. pkg. frozen chopped
 spinach, thawed and drained)
 8 oz. uncooked lasagna noodles (whole wheat, if
 possible) 12 oz. 1% fat cottage cheese (or 12 oz.
 reduced-fat ricotta cheese)
 8 oz. shredded part-skim mozzarella cheese
 1/4 c. grated Parmesan cheese Cooking spray

Equipment

9" x 13" baking dish Saucepan
 Skillet Stirring spoons
 Measuring spoons Can opener
 Sharp knife Rubber scraper
 Measuring cups

Directions

1. Preheat oven to 375°F. Lightly coat baking dish with cooking spray.
2. In large saucepan over low heat, sauté garlic in 2 teaspoons oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce, tomatoes, pepper, and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to break apart, and heat.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one 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.)
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1½ hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

Source: Dining with Diabetes WVUES, 2000-present

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Nutrition Facts

Serving Size (232g)

Servings Per Container

Amount Per Serving

Calories 280 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 620mg 26%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 12%

Sugars 5g

Protein 20g

Vitamin A 80% • Vitamin C 30%

Calcium 30% • Iron 15%

*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	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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Talking Points

Spinach Lasagna

1. Traditional lasagna is very high in fat because it contains large amounts of cheese. This recipe uses small amounts of reduced-fat cheese. Fat-free cheese can be used, but it does not melt well. Lasagna made with fat-free cheese will be stringier and less creamy than traditional lasagna.
 2. Look for tomatoes and other vegetables canned with “no added salt.”
 3. Spinach is high in folate, Vitamin A, and potassium. It makes a healthy and tasty addition to this and many other dishes. Try adding raw spinach leaves to salads and at the very end of stir-fry dishes.
 4. Olive oil is very good for sautéing garlic and onions. It adds healthy monounsaturated fat and a very traditional flavor to this recipe.
- ◆ Using uncooked lasagna noodles reduces preparation time. Be sure to cover casserole tightly so that the noodles get enough moisture to cook properly.
 - ◆ This is a good dish to assemble and freeze for baking later. Be sure to bake frozen uncooked lasagna long enough to heat all the way through the dish. Improper reheating of frozen dishes can result in food spoilage and foodborne illness.

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