

Superfood Lasagna



Servings: 10

1 container ricotta cheese (15-oz)

1 cup milk

2 large eggs

1 tablespoon olive oil

2 garlic cloves, minced

3/4 cup mushrooms, sliced

2/3 cup kale, chopped

3/4 cup spinach, chopped

2 cups mozzarella cheese, grated

12 lasagna noodles

1 2/3 cups tomato sauce

In a bowl mix together ricotta cheese, milk, and eggs. Set aside.

Heat olive oil in a frying pan over medium-high heat. Add garlic and cook stirring for 1 minute or until fragrant.

Add mushrooms and cook stirring for 2 minutes or until tender.

Add kale and spinach cook for 5 minutes or until wilted. Set aside.

Spread a thin layer of tomato sauce on the bottom of a 13x9-inch baking dish sprayed with non-stick cooking spray.

Top with a layer of lasagna noodles, 1/2 of the ricotta mixture, 1/3 of the mozzarella cheese, 1/2 of the mushroom mixture, and 1/3 of the remaining tomato sauce.

Repeat with another layer of lasagna noodles, remaining ricotta mixture, 1/2 the remaining mozzarella cheese, the remaining mushroom mixture, and 1/2 of the remaining tomato sauce.

Finish the lasagna with a layer of lasagna noodles and top with the remaining tomato sauce.

Pour 1/3 cup water around the edges of the lasagna.

Top the lasagna with remaining mozzarella cheese.

Bake in a 350°F oven for 40-45 minutes or until the pasta is tender and the cheese is melted.

Let cool for 10 minutes before cutting.

Serve

Per Serving (excluding unknown items): 617 Calories; 17g Fat (24.5% calories from fat); 29g Protein; 87g Carbohydrate; 4g Dietary Fiber; 83mg Cholesterol; 283mg Sodium; 6g Total Sugars; trace Vitamin D; 333mg Calcium; 5mg Iron; 547mg Potassium; 460mg Phosphorus. Exchanges: .