

# SPINACH AND MUSHROOM LASAGNA

*Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Vegetarian*

*Serves: 6 (Serving= 1/6 the pan)*

## Nutrition (per serving)

Calories: 227

Total Fat: 5 g

Saturated Fat: 2.5 g

Sodium: 529 mg

Total Carbohydrate: 27 g

Dietary Fiber: 5 g

Protein: 19 g



## Ingredients

- 1 – 8 ounce can no salt added tomato sauce
- 1 – 14.5 ounce can fire roasted garlic diced tomatoes
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon garlic powder
- 1 – 10 ounce box frozen chopped spinach, defrosted and liquid squeezed out
- 1 – 8 ounce container sliced mushrooms
- 1 cup part-skim shredded mozzarella cheese
- 1 cup fat-free ricotta cheese
- ¼ cup egg substitute
- 9 whole wheat pasta noodles, cooked according to directions on box (use gluten free noodles for GF version)
- ¼ cup Parmesan cheese



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## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. In the bottom of an 8 x 8" pan, pour small amount of tomato sauce and spread around to coat.
3. In a small bowl, combine the rest of the tomato sauce with the diced tomatoes, 1 teaspoon oregano and 1 teaspoon basil.
4. In a medium bowl, combine remaining 1 teaspoon oregano, 1 teaspoon basil, garlic powder, spinach, mushrooms, mozzarella, ricotta and egg substitute. Mix together well.
5. Place 3 lasagna noodles on bottom of pan, layer with  $\frac{1}{2}$  the spinach and mushroom mixture and then place 3 more noodles on top.
6. Pour  $\frac{1}{2}$  the tomato mixture on the noodles. Add the rest of the spinach and mushroom mixture, another layer of 3 noodles then the rest of the tomato mixture.
7. Bake for 20 minutes covered with foil. Take foil off and sprinkle with Parmesan and bake an additional 10-15 minutes.



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