

Spinach & ricotta lasagne

Traffic light category: **Green**

Serves: 12

Ingredients

- » 500g light ricotta cheese
- » 2 packets (500g) frozen spinach, thawed
- » 3 eggs, beaten
- » 4 shallots, chopped
- » 2 tablespoons parmesan cheese
- » 600g tomato pasta sauce, salt reduced
- » 500g lasagna sheets
- » $\frac{3}{4}$ cup reduced fat cheddar cheese, grated

Method

1. Preheat oven to 180°. Grease a large baking dish
2. Mix ricotta, spinach, eggs, shallots and parmesan together in a large bowl
3. Spread half the pasta sauce over the base of baking dish
4. Lay one layer of lasagna sheets over sauce. Spread half spinach mixture over the lasagna sheets. Repeat with lasagne sheets, spinach mixture and finish with lasagne sheets
5. Top lasagne sheets with remaining pasta sauce and sprinkle with grated cheese
6. Bake in 180° oven for approximately 45 minutes. Cover with foil if browning.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	198g	100g
Energy	883kJ	446kJ
Protein	12.6g	6.4g
Total fat	6.1g	3.0g
Saturated fat	3.5g	1.8g
Carbohydrate	25.4g	12.8g
Sugars	13g	6.6g
Dietary fibre	2.4g	1.2g
Sodium	646mg	323mg



Recipe source: Leah Borona, Canteen Assistant
York District High School, 2007