

Mary's Spinach Lasagna

1 jar of spaghetti sauce
1 box of lasagna noodles
12 ounces low-fat cottage cheese
1/3 cup parmesan cheese
1 box frozen chopped spinach
1 egg
12 ounces part-skim mozzarella cheese

Thaw spinach, squeeze out water and mix it with cottage cheese, egg, parmesan and 3/4 of the mozzarella. Spread about 1/2 cup of spaghetti sauce in bottom of your pan. Lay UNCOOKED lasagna noodles on top, then 1/2 of the spinach mixture. Spoon 1/2 of remaining spaghetti sauce on top of spinach, then more lasagna noodles, the rest of the spinach mixture and finally the last of the spaghetti sauce. Sprinkle the remaining mozzarella cheese on top. Cover tightly with foil and bake at 350 for 1 hour. You may want to uncover for last 5 or 10 minutes to brown cheese on top.

Feel free to modify by adding more cottage cheese, an extra egg, and other vegetables on hand (ex. sliced zucchini) to make a larger lasagna.