

White Spinach Lasagna

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Servings: 8

4 tablespoons butter
4 tablespoons flour
3 cups 2% reduced-fat milk
1 teaspoon garlic powder
1/2 teaspoon salt
freshly ground black pepper
2 packages (10 ounce) frozen
spinach, thawed and drained
2 cups cottage cheese
6 ounces Monterey Jack, Cheddar or
Swiss cheese, shredded
10 lasagna noodles, cooked
2 ounces Romano cheese, grated

Preheat the oven to 350 degrees.

Melt the butter in a large saucepan. Add the flour and whisk until smooth. Cook for 2 minutes. Add the milk and cook until the sauce is thick, about 5 minutes. Add the garlic powder, salt and pepper. Stir in the drained spinach. Set aside.

Combine the cottage cheese and shredded cheese.

Spread a small amount of the spinach mixture over the bottom of a 13x9-inch pan. Top with three lasagna noodles. Top with a third of the spinach sauce and half the cheese mixture. Top with three more noodles, half the remaining sauce and the remaining cheese mixture. Top with the remaining noodles and sauce. Sprinkle with Romano cheese. Cover with foil.

Bake 30 to 40 minutes.

Uncover and bake 10 minutes, until slightly browned on top.

Stick to traditional noodles that need to be cooked rather than the no-boil ones.

Per Serving (excluding unknown items): 548 Calories; 11g Fat (17.6% calories from fat); 25g Protein; 86g Carbohydrate; 4g Dietary Fiber; 28mg Cholesterol; 543mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Pasta

Calories (kcal): 548
% Calories from Fat: 17.6%
% Calories from Carbohydrates: 63.8%
% Calories from Protein: 18.6%
Total Fat (g): 11g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 28mg
Carbohydrate (g): 86g
Dietary Fiber (g): 4g
Protein (g): 25g
Sodium (mg): 543mg
Potassium (mg): 368mg
Calcium (mg): 180mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 3322IU
Vitamin A (r.e.): 380 1/2RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): .5mcg
Thiamin B1 (mg): 1.2mg
Riboflavin B2 (mg): .7mg
Folacin (mcg): 75mcg
Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Deficient: 0.0%

Food Exchanges

Grain (Starch): 5 1/2
Lean Meat: 1 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 548 **Calories from Fat:** 96

% Daily Values*

Total Fat	11g	16%
Saturated Fat	6g	29%
Cholesterol	28mg	9%
Sodium	543mg	23%
Total Carbohydrates	86g	29%
Dietary Fiber	4g	15%
Protein	25g	
Vitamin A		66%
Vitamin C		16%
Calcium		18%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.