



Spinach Artichoke Lasagna

Prep Time: 20 min

Cook Time: 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

319 calories

11 g fat

698 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 24 oz. Marinara Sauce
- 1/4 tsp red pepper flakes
- 2 cups (16 oz) low fat cottage cheese
- 2 TB olive oil**
- 1 cup diced red onion
- 3 cloves garlic, minced
- 1 cup artichoke hearts, drained and chopped
- 10 oz baby spinach
- Salt & black pepper, to taste**
- 1 box NO BOIL lasagna noodles
- 2 cups shredded mozzarella cheese
- Non stick cooking spray**
- Aluminum foil**

1. Preheat oven to 400 degrees.
2. Warm **2 TB olive oil** in a large skillet over medium heat. Add the **chopped onions** and **1/4 tsp salt**. Cook until the onion is translucent, about 4-5 minutes. Add the **3 cloves minced garlic** and **1/4 tsp red pepper flakes**, cook stirring constantly for 30 seconds.
3. Drain the **artichoke hearts** and chop, add to the skillet, then add a few handfuls of **spinach**. Cook, stirring and tossing until the spinach has wilted. Repeat with remaining **spinach**. Continue cooking for about 10 minutes, stirring frequently, until spinach has reduced in volume and very little moisture remains in the bottom of the pan. Remove from heat and drain off any remaining liquid. Set aside to let cool.
4. In a large mixing bowl, add the cooled **artichoke spinach mixture**, **2 cups cottage cheese** and mix well. Season with **salt** and **pepper** to taste.
5. In a baking dish coated with **non stick cooking spray**, spread **1/2 cup marinara sauce** evenly over the bottom. Layer **3 lasagna noodles** on top, overlapping their edges as necessary. Spread half of the **spinach artichoke mixture** evenly over the noodles. Top with **1/2 cup marinara sauce**, then sprinkle **1/2 cup mozzarella cheese** on top.
6. Top with **3 more lasagna noodles**, followed by the **remaining spinach artichoke mixture**. Sprinkle **1/2 cup mozzarella cheese** on top (skipping the marinara sauce in this layer). Top with **3 more noodles**, then spread the remaining **marinara sauce** over the top so the noodles are evenly covered. Sprinkle evenly with remaining **1 cup mozzarella cheese**.
7. Cover with **aluminum foil coated in non-stick cooking spray**, so cheese does not stick to foil. Bake covered for 35 minutes in a 400 degree oven. Remove the foil, rotate the pan and bake for about 10-15 minutes more, until the top starts to brown. Remove from oven and let it rest for 10 minutes before slicing.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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