



Spinach Lasagna

I am not the one who would usually cook lots of pasta or rice dishes, however when I do I do try to make it a bit more nutritious than a bowl of loaded carbs. When selecting any pasta I choose one with the least ingredients. While I do make fresh pasta at home, it is also time-consuming so one having the least ingredients is the best choice. Be mindful that not because a pasta is listed as organic or gluten free it is a better option because sometimes that is not the case.

I try not to use aluminum foil in the oven so I am not using the regular lasagna sheets that need to be boiled first. I also use both aluminum foil and parchment paper. Which I covered the glass dish first with the parchment paper then followed with foil. So here is my take on this dish.

Ingredients

1/2 Box Barilla lasagne (1lbs)

1 cups sour cream

2 cups shredded mozzarella and provolone cheese

4 Cups chopped spinach

1 cup tomato sauce

2 teaspoon garlic salt

2 teaspoon roasted garlic and herbs mix

1 teaspoon parsley

1/2 teaspoon black pepper

Directions

1. Bring water to boil and pre-cook lasagne according to instructions on package. I cooked mine for about 10 minutes, you just want it al dente, because you will be baking it. I also only boiled what I needed, you more likely won't need the entire box but more like 1/2 of the box.
2. Discard the boiling water and add tap water to stop the boiling process
3. Preheat your oven to 350 degrees.
4. Prepare your baking dish, by using cooking spray.
5. Combine your sour cream, spinach, garlic salt, parsley, and roasted garlic and herbs mix.
6. Add one cup of shredded cheese to the sour cream mixture and set aside.
7. Now, to begin layering. First add some tomato sauce to the bottom of the sprayed dish, followed by the lasagne leaves, the spinach -sour cream mixture then topped with shredded cheese, follow this process. Using a 9 by 5 baking dish I was able to repeat that step 3 times before my sour cream mixture finished so the last layer was the sour cream – spinach mixture, lasagne leaves, tomato sauce and finally end with some shredded cheese.
8. Cover with parchment paper then followed by

aluminum foil optional., if you want to use only either one that is okay as well.

9. Bake for 15- 20 minutes.

10. Serve and enjoy!

Note: I use only organic items when available.