



From the kitchen of
The Ponderosa Lodge Farm &
Bed & Breakfast
www.theponderosalodge.com

Spinach Mushroom Lasagna

Spinach, mushrooms, red bell peppers, and carrots are baked with layers of nonfat ricotta cheese, tomato sauce, and lasagna noodles. Serve with green salad and Parmesan Garlic Bread.

3 c crushed fresh tomatoes
1/2 c chopped mushrooms
1/2 c chopped red bell pepper
1/2 c chopped carrot
1/2 c chopped onion
1/2 c red wine or red grape juice
2 tbs honey
1/2 tsp dried basil leaves
1/2 tsp dried rosemary leaves
1/2 tsp dried oregano leaves
1/2 tsp dried thyme leaves
1/4 tsp black pepper
4 egg whites, lightly beaten
1 1/2 c nonfat ricotta cheese
8 oz lasagna noodles, cooked al dente and well drained
1 lb fresh spinach, well washed, drained and chopped
4 oz nonfat mozzarella cheese, grated

Place tomatoes, mushrooms, red peppers, carrots, onion, wine or grape juice, garlic, honey, basil, rosemary, oregano, thyme, and black pepper in a large, heavy saucepan. Simmer for 20 minutes.

Preheat oven to 350 degrees.

Mix together the egg whites and the ricotta or cottage cheese. Set aside.

To assemble, place a layer of tomato sauce in the bottom of a 9-by-13 inch casserole. Cover the sauce with a layer of cooked lasagna noodles. Spread ricotta-egg mixture over noodles and top with a layer of spinach. Add another layer of noodles, another layer of sauce, and finish with grated mozzarella.