

Spinach Lasagne

Meat Sauce:

½ lb.	ground beef	250	g
½ lb.	ground pork	250	g
1 cup	chopped onion	250	mL
2	cloves garlic, minced	2	
1	398 mL can tomatoes, cut up	1	
1	213 mL can tomato sauce	1	
1	156 mL can tomato paste	1	
2 tsp.	dried basil	10	mL
2 tsp.	dried oregano	10	mL
¼ tsp.	black pepper	2	mL
6	dried lasagne noodles	6	

Filling:

1	beaten egg	1	
2 cups	cream-style cottage cheese	500	mL
¼ cup	grated parmesan cheese	50	mL
3 tbsp.	snipped fresh parsley	45	mL
10 oz.	package frozen, chopped spinach, drained	30	g
½ cup	ground flaxseed	125	mL
2 cups	grated mozzarella cheese	500	mL
	grated parmesan cheese (optional)		

- In a saucepan, over medium heat, cook meat, onion and garlic until meat is brown.
- Drain fat.
- Stir in undrained tomatoes, tomato sauce, tomato, paste, basil, oregano and pepper. Bring to a boil.
- Reduce heat. Cover and simmer 15 minutes stirring occasionally.
- Cook noodles for 10 to 12 minutes or until tender but still firm. Drain and rinse with cold water.
- In a bowl, combine egg, cottage cheese, parmesan cheese, parsley, spinach and ground flax.
- Preheat oven to 375° F (190° C).
- Layer half of the cooked noodles in a lightly greased 2 quart (2 L) baking dish.
- Spread with half of the cheese/spinach filling.
- Top with half of the meat sauce and half of the mozzarella cheese.
- Repeat layers.
- If desired, sprinkle with additional parmesan cheese.
- Bake for 30 to 35 minutes or until heated through. Let stand 10 minutes before serving.

Yield: 12 servings

Serving Size: 1 – 3 x 4 inch (7 x 10 cm) piece

Single Serving Nutrient Values

Calories	407
Protein	27.9 g
Carbohydrate	44.4 g

Fibre	4.6	g
Fat	14.0	g
Polyunsaturates	2.5	g
Monounsaturates	4.1	g
Saturates	5.6	g
Cholesterol	55.2	mg
Sodium	604	mg
Potassium	694	mg
Folate	51	ug