Hearty Spinach & Mushroom Lasagna with Greek Salad

Hearty Spinach & Mushroom Lasagna

8 ounces (12) whole wheat lasagna noodles  20 oz. frozen chopped spinach, thawed and squeezed dry
1 T. olive oil
1 onion, chopped
3 garlic cloves, chopped
8 oz. sliced baby portobello mushrooms
½ pound 94% lean ground beef or turkey breast, or vegetarian soy crumbles
5 cups lower-sodium spaghetti sauce
20 oz. frozen chopped spinach, thawed and squeezed dry
12 oz. nonfat cottage cheese
1 tsp. Italian seasoning (basil, thyme, oregano)
1-1/2 cups shredded part-skim mozzarella cheese (6 ounces)
1/3 cup chopped fresh basil and parsley

Directions:
1. Bring a large pot of water to a boil. Add lasagna noodles, lower heat to medium-high, and simmer 8-10 minutes; drain.
2. Preheat oven to 375° F. Warm olive oil in a large saucepan over medium-high heat. Add onions, garlic, mushrooms, and meat; sauté 5-8 minutes or until meat is cooked through. Stir in 1 cup of spaghetti sauce.
3. In a medium bowl, combine spinach, cottage cheese, and Italian seasoning. Spread 1/4 cup of reserved spaghetti sauce on the bottom of a 9x13 inch baking pan. Layer with 4 lasagna noodles, overlapping edges slightly. Evenly spread meat mixture over noodles. Layer with 4 more lasagna noodles. Evenly spread spinach mixture over noodles. Top with 4 remaining noodles, remaining sauce, and mozzarella cheese.
4. Bake for 30 minutes to heat through. Top with fresh chopped basil and parsley.

Greek Salad

16 cups of chopped green leaf lettuce  1/2 cup sliced black olives
3 Roma tomatoes, chopped  3 T. finely crumbled feta-cheese
1 cucumber, chopped  8 T. light Caesar dressing
3 scallions, chopped  1/3 cup whole grain croutons

Directions:
1. Toss all ingredients. Serve immediately.

Total Meal Nutrition Information (per 1/8 of each recipe): 422 calories, 32 g protein, 13 g fat, 4 g saturated fat, 48 g carbohydrate, 9 g fiber, 49 mg cholesterol, 731 mg sodium*
1 serving equals: 1 whole grain, 1.5 protein/dairy, 4 vegetable, 1 fat

*to reduce sodium further, choose a low sodium salad dressing

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
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Shopping List

Produce Department
- 1 onion, chopped
- 3 cloves garlic, chopped
- 8 oz. sliced baby portobello mushrooms (see tip #1)
- 12 cups of chopped green leaf lettuce (1-2 heads)
- 3 Roma tomatoes, chopped
- ½ cucumber, chopped
- 3 scallions, chopped
- 1/3 cup chopped fresh basil and parsley

Dry Goods Department
- 8 ounces (12) whole wheat lasagna noodles
- 5 cups lower sodium spaghetti sauce (see tip #2)
- ½ cup whole grain croutons
- 6 T. light Caesar dressing
- ¼ cup sliced black olives
- ½ T. olive oil
- 1 tsp. Italian seasoning (basil, thyme, oregano)

Meat/ Dairy Department
- ½ pound 94% lean ground beef or turkey breast, or vegetarian soy crumbles (see tip #3)
- 12 oz. nonfat cottage cheese
- 1- ½ cups shredded part-skim mozzarella cheese
- 3 T. finely crumbled feta-cheese

Frozen Foods Department
- 20 oz. frozen chopped spinach, thawed

Smart Shopper Tip #1:
Baby portobello mushrooms offer a meaty texture and rich flavor to this dish. If you can’t find them, substitute button mushrooms.

Smart Shopper Tip #2:
Store-bought spaghetti sauce can be very high in sodium. Look for a brand with less than 20% Daily Value for sodium. If you prefer to make your own, here is a quick recipe: Sauté 1 chopped onion and 3 garlic cloves in 1 T. olive oil over medium-high heat for 5 minutes. Add 1 (28 oz.) can of no-salt added crushed tomatoes, 1 (6 oz.) can of no-salt added tomato paste, ½ cup water, 1 tsp. Italian seasoning, 1/8 tsp. crushed red pepper, and ½ tsp. salt. Reduce heat to medium-low and simmer for 15 minutes.

Smart Shopper Tip #3:
Look for the leanest ground beef or ground turkey breast that you can find. Check the food labels carefully. It should provide less than 20% Daily Value of fat, saturated fat, and cholesterol.
This recipe also works well with vegetarian soy crumbles. These products can be found with the veggie burgers in the frozen foods section. They are much lower in fat and cholesterol but can be a little high in sodium so check your labels carefully. Example brands include Boca and Morningstar Farms.

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