

## Lasagna Spirals

Makes 4 servings



8 pieces whole wheat lasagna	1 T canola oil
1/2 -10 oz package frozen chopped spinach, drained	1 cup zucchini, large dice
1 1/4 cups (~10oz.) low fat ricotta cheese	2 cloves garlic, minced
1 T parmesan cheese	3/4 cup marinara sauce
1 t Italian seasoning	1/2– 14 oz. can tomatoes, diced, no salt added
1/2 cup part skim low moisture mozzarella cheese	1 T balsamic vinegar
1/2 t onion powder	Pepper to taste
3/4 cup diced bell pepper	

Preheat oven to 375°F. Cook pasta according to package directions, omitting salt. While pasta is cooking place spinach in microwave on high for 5 minutes, removing to stir every 90 seconds or so. In a medium bowl combine ricotta, parmesan, Italian seasoning, onion powder and 1/4 cup mozzarella, reserving the remainder of the mozzarella. When spinach is warm squeeze out all extra liquid. Add spinach to cheese mixture and mix. After draining lasagna, spread 1/4 cup of the cheese mixture evenly on 2/3 of the length of each noodle, roll into a spiral, and place in an 8"X8" cooking dish. For the sauce, heat the oil in a medium sauté pan and add bell peppers and zucchini. Sauté for 3 minutes, add garlic, and sauté for an additional minute. Add marinara, tomatoes, balsamic, and pepper and heat until simmering. Top spirals with sauce and sprinkle reserved mozzarella. Bake for 20 minutes.

Nutrition information per serving: 380 calories, 12g fat (4.5g saturated fat), 24g protein, 590mg sodium, 11g dietary fiber. Excellent source of: vitamin A, vitamin C, calcium and iron.

