

## **Spinach Lasagna**

- 9 lasagna noodles, cooked according to package directions, rinsed and dried
- 10 oz frozen spinach, thawed and water squeezed out
- 500 g cottage cheese
- 2 c grated mozzarella, plus 1/2 cup for topping
- 1 1/2 c grated parmesan, plus 1/2 cup for topping
- 1/2 c finely chopped scallion
- 1/2 t Italian herb seasoning
- sea salt
- freshly ground black pepper

Mix the spinach, cheese, scallion and seasonings.

## **Sweet Tomato Sauce**

- 12 oz crushed tomatoes
- 1 onion grated
- 2 T olive oil
- 1 T sugar
- 2 bell peppers (red, yellow or orange), diced
- 1/2 t Italian herb seasoning
- sea salt and freshly ground black pepper to taste

Heat the olive oil on medium high heat in a large skillet. Cook the onion for a minute then add the tomatoes, bell peppers, sugar and seasonings. Bring to a boil then simmer for 5 minutes.

Grease a lasagna pan. Lay down 3 noodles. Cover with half the spinach mixture. Lay down 3 more noodles. Cover with the remainder of the spinach mixture. Lay down the last 3 noodles. Cover with the tomato sauce. Sprinkle on the extra parmesan and mozzarella. Cook at 350F for 45 minutes or until cooked through. Serve with salad or cold roasted vegetables.