

# Greek Spinach and Feta Lasagna

serves 8

Source: Veg Power!

## Ingredients

\*1(15-ounce) container fat-free ricotta cheese  
\*1(10-ounce) package chopped spinach, thawed and squeezed dry  
\*2 cups shredded fat-free mozzarella cheese  
4 ounces crumbled reduced-fat feta cheese (about 1 cup)  
8 kalamata olives, pitted and coarsely chopped  
\*1 large egg, lightly beaten  
1 tsp dried oregano  
1 (24-ounce) jar fat-free tomato-basil marinara sauce  
9 oven-ready no-boil lasagna noodles  
(\* Power foods)

1, Preheat oven to 375 degrees F. Spray 9X13 baking dish with nonstick spray.

2. Combine ricotta cheese, spinach, 1 cup mozzarella cheese, feta cheese, olives, egg and oregano in large bowl; mix well

3. Spread one-fourth (about 3/4 cup) of tomato sauce over bottom of baking dish. Top with 3 lasagna noodles. Spread half (about 2 cups) of ricotta mixture over noodles. Spread with one-fourth more tomato sauce. Repeat layering once more with 3 noodles, remaining half of ricotta mixture, and one-fourth more tomato sauce. Top with remaining 3 noodles, one-fourth sauce, and 1 cup mozzarella cheese.

4. Lightly spray sheet of foil with nonstick spray; cover baking dish with foil, sprayed side down and bake 30 minutes. Uncover and bake until cheese melts and lasagna is heated through and bubbling, 10-15 minutes longer.

6 points per serving

1/8 of lasagna: 236 calories, 4g Total Fat, 2g Sat Fat, 0g Trans fat, 67 mg cholesterol, 982 mg sodium, 28g Carbs, 11g sugar, 3g Fib, 22g Prot, 472 mg Calc