

## Pesto Lasagna with Spinach & Mushrooms

No-boil lasagna noodles are perfect for this recipe, as they absorb all the juices that accumulate in the slow-cooker. Use 2 (10oz) packages of frozen, chopped spinach in place of fresh, if you prefer. Also, any mushroom will work fine.

### Ingredients:

- 4 cups torn spinach
- 2 cups sliced cremini mushrooms
- ½ cup commercial pesto
- ¾ cup shredded part-skim mozzarella cheese
- ¾ cup shredded provolone cheese
- 1 carton (15oz) fat-free ricotta cheese
- 1 large egg, lightly beaten
- ¾ cup grated fresh Parmesan cheese, divided
- 1 (8oz) can tomato sauce
- Cooking spray
- 1 (8oz) package precooked lasagna noodles (12 noodles)



### Preparation:

1. Arrange the spinach in a vegetable steamer; steam, covered, 3 minutes or until spinach wilts. Drain, squeeze dry, and coarsely chop. Combine spinach, mushrooms and pesto in a medium bowl, stirring to combine; set aside.
2. Combine mozzarella, provolone, ricotta, and beaten egg in a medium bowl, stirring well to combine. Stir in ¼ cup Parmesan and set aside. Combine the pasta sauce and the tomato sauce in a medium bowl.
3. Spread 1 cup pasta sauce mixture in the bottom of a 6-quart oval slow-cooker coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with 1 cup cheese mixture and 1 cup spinach mixture. Repeat the layers, ending with spinach mixture. Arrange 3 noodles over spinach mixture; top with remaining 1 cup cheese mixture and 1 cup pasta sauce mixture. Place remaining 3 noodles over sauce mixture; spread remaining sauce mixture over noodles. Sprinkle with remaining ½ cup Parmesan. Cover with lid; cook on LOW 5 hours or until done. Yields 8 servings.

### **Nutritional Information (per 1/8 recipe):**

Calories: 398	Total Fat: 18.2g
Sat. Fat: 7.8g	Carbohydrates: 38.5g
Fiber: 2g	Protein: 22.2g