

SLOW COOKER: THE SUPER SUPPER SAVER

PESTO LASAGNA WITH SPINACH & MUSHROOMS

When life gets busy, it's easy to let cravings take over. What feels better after a long day of work than a warm and filling meal? Unfortunately, comfort food is usually heavy on meat, butter, and cream. Put a healthy spin on almost any meal by introducing more vegetables and cutting back on ingredients with saturated fat. Turn a classic comfort meal into a healthy one that your whole family will enjoy.

Pesto Lasagna with Spinach & Mushrooms

Makes 8 servings

Ingredients

- 4 cups spinach, torn
- 2 cups cremini mushrooms, sliced
- 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
- 1 (8oz) package precooked lasagna noodles (12 noodles)



Directions

- 1) Arrange the spinach in a vegetable steamer. Steam, covered, for 3 minutes or until spinach wilts. Drain, squeeze dry, and coarsely chop. Combine spinach, mushrooms, and pesto in a medium-sized bowl, stirring to combine. Set aside.
- 2) Combine mozzarella, provolone, ricotta, and egg in a medium bowl, stirring well to combine. Stir in ¼ cup Parmesan and set aside. Combine the pesto sauce and the tomato sauce in a medium bowl.
- 3) Spread 1 cup of the sauce mixture in the bottom of a 6-quart oval slow-cooker coated with cooking spray. Add 3 noodles and top with 1 cup each of the cheese and spinach mixtures. Repeat the layers, ending with the spinach mixture. Add another 3 noodles and top with 1 cup of the cheese mixture followed by 1 cup of the sauce mixture. Add the final 3 noodles and the remaining sauce. Sprinkle with ½ cup of parmesan. Cover with the lid and cook on low for 5 hours or until done.

Helpful Hints

Double the ingredients to prepare 2 lasagnas: one for the slow cooker and one for the oven. Another night's meal ready to pop into the oven!

Nutrition Info Per Serving: Cal 427 | Fat 13g | Carb 61g | Pro 15g | Fibre 4g | Sodium 398mg | Sugar 4g