

## **Popeye's Lasagna** **(This is a no cook noodle recipe-easy!)**

Makes 8 to 12 servings

### **Ingredients:**

1 jar spaghetti sauce (any flavor)  
1-10 oz package frozen, chopped spinach, thawed and slightly squeezed  
6 lasagna noodles, uncooked  
1-15 oz container low-fat cottage cheese  
½ tsp. oregano or Italian seasoning  
2 cups (16 oz) mozzarella cheese, shredded  
¼ cup Parmesan cheese, shredded (optional)

### **Directions:**

1. Preheat oven to 350°
2. In a small bowl, mix the cottage cheese with the oregano & Parmesan cheese.
3. In a 11x17 baking dish, spread about 1 to 1 ½ cups sauce in the bottom. Spread about half the spinach over the sauce.
4. Add a layer of uncooked lasagna noodles, about 3.
5. Add about half the cottage cheese mixture on top of the noodles.
6. Layer 1 cup mozzarella cheese.
7. Then layer another 1 to 2 cups spaghetti sauce & the rest of the spinach.
8. Add the last layer of noodles. Then add the rest of the cottage cheese mixture.
9. Add the rest of the mozzarella cheese & then the rest of the sauce.
10. Pour about ½ cup water over the entire dish and bake for 1 hour. Cover with aluminum foil if edges begin to burn.
11. Allow to sit for at least 10 minutes before cutting & serving.

### Nutrition Facts

Calories: 190  
Calories from fat: 60  
Total fat: 7g  
Saturated fat: 3.5g  
Cholesterol: 20mg  
Sodium: 620mg  
Total Carbohydrates: 17g  
Dietary Fiber: 2g  
Sugars: 4g  
Protein: 15g  
Vitamin A: 45%  
Vitamin C: 20%  
Calcium: 20%  
Iron: 10%

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