

THE FLEXITARIAN COOK

FLEXITARIAN.CHRISTINESUSSKIND.COM

Spinach and Mushroom Lasagna

9 to 12 curly lasagna sheets, boiled according to package directions, drained and rinsed (this prevents sticking)	1 clove garlic, chopped
2 large cans whole tomatoes (or 2 boxes Pomi tomatoes)	Olive oil
1 onion	1.5 lbs (750 g) chopped spinach (either fresh or frozen)
2 Tbsp (30 g) butter	10 oz. (280 g) low-fat ricotta
1 lb mushrooms (baby bellas or a mix)	2 cups (1/2 lb; 250 g) shredded mozzarella
3 Tbsp chopped parsley	sea salt and freshly ground black pepper to taste

For the tomato sauce:

In a dutch oven, place the tomatoes, butter and halved onion. Bring to a boil, cover, then lower heat so the sauce simmers for about 45 mn. Check occasionally and give it a stir to make sure the tomatoes are not sticking to the bottom of the pan. Remove and discard the onion, and with a potato masher or a fork, crush the tomatoes. Increase heat to medium and continue to cook, uncovered, until the sauce thickens, another 10mn or so. Make sure the sauce is not too watery since this would make your lasagna soggy. You can make this up to two days in advance.

For the filling:

Sauté the mushrooms in olive oil over medium heat until they begin to turn golden brown. Add parsley, garlic, salt and pepper and keep cooking 2 mn more. Set aside. Put the spinach in the pan, sprinkle with salt and pepper, and cook until wilted and a bit dry. Mix with the mushrooms and set aside.

Assembling the lasagna:

Preheat oven to 350°. Put 1 cup of tomato sauce at the bottom of a 9×13 oven-safe dish. Layer 3 or 4 sheets of lasagna side by side on top of the sauce. Place half of the spinach/mushroom mixture on top, and put dollops of ricotta (about 5 oz worth) on top of that, followed by a layer of tomato sauce. Repeat the lasagna/spinach/ricotta/sauce combination once more. Sprinkle 1/2 cup of the mozzarella on top of this second layer. For the final layer, place 3 sheets of lasagna on top of everything, what remains of your tomato sauce to cover the pasta, and finally, 1.5 cups of the mozzarella.

Cover with aluminium foil and bake for 30mn. After this time, uncover, and bake for an additional 15 mn, or until the top is golden brown. Remove from the oven and let the lasagna rest for 10mn before cutting and serving. Serves 6 to 8.