

Spinach, Artichoke and Ricotta Lasagna

For The Love of Lasagna

Lactalis Retail Dairy (Sorrento Cheese)

8 ounces mozzarella cheese, shredded

1 container (15 oz) ricotta cheese

1 egg

2 cups onions, diced 1/4-inch

1 package (10 oz) frozen chopped spinach, thawed and squeezed dry

4 1/2 cups bechamel sauce

12 sheets no boil lasagna noodles

3 cups artichoke hearts in brine, quartered

3 ounces (1 1/2 cups) Parmesan cheese, shredded

Preheat oven to 400 degrees.

Mix ricotta and egg in a small bowl. Season with salt and pepper.

Saute' the onions in oil in a large saute' pan on medium heat until translucent, about 5 minutes. Add the spinach and season with salt and pepper.

Spray a 13x9-inch baking dish with cooking spray. Spread 1 1/2 cups of bechamel sauce on the bottom of the dish and top with four sheets of lasagna noodles.

Layer with 1/2 of the ricotta cheese, 1/2 of the spinach mixture, 1/2 of the artichokes, one cup of the bechamel sauce, 1/2 of the mozzarella cheese and 1/2 cup of the Parmesan cheese.

Continue layering with four more noodles, the rest of the ricotta, spinach mixture, artichokes, mozzarella, one cup of bechamel sauce and 1/2 cup more of Parmesan cheese.

Finish with the last layer of noodles, one cup of the bechamel sauce and 1/2 cup of Parmesan.

Cover with parchment and then aluminum foil. Bake for 40 minutes until slightly bubbling. Remove the foil and parchment and continue to bake until the top is browned, about 10 minutes more. Cool 10 minutes before serving to allow the lasagna to set up.

Per Serving (excluding unknown items): 1523 Calories; 99g Fat (57.4% calories from fat); 106g Protein; 60g Carbohydrate; 19g Dietary Fiber; 551mg Cholesterol; 1844mg Sodium. Exchanges: 12 1/2 Lean Meat; 8 1/2 Vegetable; 12 Fat.