



Super Fast, Low-Fat Lasagna

Makes 4 to 5 Servings

One 5- or 6-ounce bag baby spinach, coarsely chopped
1 tablespoon extra virgin olive oil
1 garlic clove, minced
Salt and freshly ground black pepper
1 ½ cups pasta sauce
One 16-ounce bag medium-sized frozen cheese ravioli
1 cup shredded part-skim mozzarella cheese

1. Preheat the oven to 375°F.
2. Heat the oil in a large nonstick skillet over medium-low heat. Add the garlic and cook, stirring frequently, until golden brown, 30 seconds to 1 minute.
3. Raise heat to medium-high, add the spinach and cook, stirring occasionally, until wilted, about 3 minutes. Season with salt and pepper to taste.
4. Coat an 8x8-inch baking pan (or dish) with nonstick cooking spray. Spread ¼ cup of the sauce in the pan. Arrange half the ravioli (about 16 pieces) evenly on top of the sauce. Spread the spinach over the ravioli then top with ½ cup cheese and ½ cup sauce. Cover evenly with the remaining ravioli, ¾ cup sauce, and ½ cup cheese.
5. Cover with aluminum foil and bake until bubbly, about 35 minutes. Remove the foil and bake an additional five minutes. Let stand about five minutes before slicing and serving.

Nutrition Information per Serving: 260 calories, 11g fat (5g saturated), 690mg sodium, 29g carbohydrate, 4g fiber, 13g protein, 45% vitamin A, 15% vitamin C, 30% calcium, 15% iron