

"New Style" Lasagna

Ingredients

- cooking spray
- 12 low carb lasagna noodles, such as Dreamfields
- 5 cups Marinara sauce
- 1 ctn (15 Oz) fat free Ricotta
- 2 cups shredded. part-skim mozzarella (packaged, not fresh)

Summary

Yield: 10

Source: Paul & Mira Sorvino, 1/2/11 Parade

Prep Time: 1 1/2 hours

Category: Pasta

Cuisine: Italian

Instructions

1. Preheat oven to 350 F. Coat a 13x9x2-inch glass baking dish with cooking spray.
2. Cook noodles according to package directions.
3. spread 1 cup of pasta sauce on bottom of baking dish. Arrange three cooked noodles side by side on top of sauce, overlapping slightly. Spread about 1/2 cup of ricotta and 1/2 cup mozzarella on top of noodles.
4. Repeat layering with pasta sauce, noodles and cheese three more times.
5. Top with 1 cup of sauce. Cover with foil and bake 20 minutes. Uncover, top with remaining mozzarella, and bake 25 to 30 more minutes or until cheese is golden brown.

Notes

Per serving: 270 calories, 8g fat, 15mg cholesterol, 430 mg sodim, 16g protein, 33g carbs