

Cauliflower Lasagna

Serves 10 or more

Prep time: 40 minutes

To make my lasagna a bit healthier, I substitute cauliflower "rice," which is basically shredded cauliflower, for half of the cheese in a traditional recipe.

Heat oven to 375 F.

Ingredients:

Tomato sauce (you can buy just a jar of tomato sauce but check label and make sure very low sugar content, 3 grams or less. I like Rao's brand. OR make your own sauce with just crushed tomatoes, sautéed onions and garlic, some red white, and add in a little jarred tomato sauce)

1 package whole wheat lasagna noodles (you don't need to cook them)

Mix the following together:

Two 15-ounce containers ricotta cheese (whole milk)

2 eggs lightly beaten

1 bag raw baby spinach

1 bunch of Italian parsley chopped

1 cup shredded Parmesan (save some to sprinkle on top)

2 cups shredded mozzarella (save some to sprinkle on top)

2 heads of cauliflower grated on largest holes of box grater (or you can buy pre-grated in the produce section of grocery store)

Salt and pepper

Using a 13 x 9 baking pan layer noodles, cheese mixture, and sauce until pan is full. First, add a little of the tomato sauce to the bottom of the pan, then place a row of lasagna noodles, spread cheese mixture on top of noodles, cover cheese with a healthy portion of tomato sauce. Continue to layer until you use all the noodles. End with tomato sauce layer, then sprinkle remaining mozzarella and parmesan cheese on top. Cover with aluminum foil. Bake covered at 375 for about 40 minutes, then remove the foil and bake for about 20 more minutes or until the top layer is browned. Cut into squares to serve.

