



Inside-Out Lasagna

Makes 4 servings, about 1 1/2 cups each

Ingredients

8 ounces whole-wheat rotini or fusilli pasta	8 ounces sliced white mushrooms (about 3 1/2 cups)	1 14-ounce can diced tomatoes with Italian herbs	3/4 cup part-skim ricotta cheese
1 tablespoon extra-virgin olive oil	1/2 teaspoon salt	8 cups baby spinach	
1 onion, chopped	1/4 teaspoon freshly ground pepper	1/2 teaspoon crushed red pepper (optional)	
3 cloves garlic, sliced			

Instructions

Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Nutrition Facts

One serving: 364 Calories; 9 g Total Fat; 14 mg Cholesterol; 55 g Total Carbohydrates; 588 mg Sodium.

Recipe Courtesy of EatingWell.org

