



From the kitchen of  
The Ponderosa Lodge Farm &  
Bed & Breakfast  
[www.theponderosalodge.com](http://www.theponderosalodge.com)

### **Spinach Mushroom Lasagna**

Spinach, mushrooms, red bell peppers, and carrots are baked with layers of nonfat ricotta cheese, tomato sauce, and lasagna noodles. Serve with green salad and Parmesan Garlic Bread.

3 c crushed fresh tomatoes  
1/2 c chopped mushrooms  
1/2 c chopped red bell pepper  
1/2 c chopped carrot  
1/2 c chopped onion  
1/2 c red wine or red grape juice  
2 tbs honey  
1/2 tsp dried basil leaves  
1/2 tsp dried rosemary leaves  
1/2 tsp dried oregano leaves  
1/2 tsp dried thyme leaves  
1/4 tsp black pepper  
4 egg whites, lightly beaten  
1 1/2 c nonfat ricotta cheese  
8 oz lasagna noodles, cooked al dente and well drained  
1 lb fresh spinach, well washed, drained and chopped  
4 oz nonfat mozzarella cheese, grated

Place tomatoes, mushrooms, red peppers, carrots, onion, wine or grape juice, garlic, honey, basil, rosemary, oregano, thyme, and black pepper in a large, heavy saucepan. Simmer for 20 minutes.

Preheat oven to 350 degrees.

Mix together the egg whites and the ricotta or cottage cheese. Set aside.

To assemble, place a layer of tomato sauce in the bottom of a 9-by-13 inch casserole. Cover the sauce with a layer of cooked lasagna noodles. Spread ricotta-egg mixture over noodles and top with a layer of spinach. Add another layer of noodles, another layer of sauce, and finish with grated mozzarella.