

BEEF, ARUGULA AND SPINACH LASAGNA

*“As seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.”*

Oven-ready noodles and prepared pasta sauce make this taste-tempting lasagna a breeze to prepare.

Total preparation and cooking time: 1-1/4 hours

- 1-1/2 pounds ground beef (95% lean)**
- 2 teaspoons minced garlic**
- 1-1/4 teaspoons salt, divided**
- 3/4 teaspoon pepper, divided**
- 4 cups prepared pasta *or* spaghetti sauce**
- 2 cups loosely packed fresh baby arugula (about 1-3/4 ounces)**
- 2 cups loosely packed fresh baby spinach (about 1-3/4 ounces)**
- 1 container (15 ounces) fat free ricotta cheese**
- 2 egg whites**
- 2 tablespoons chopped fresh basil**
- 2 tablespoons chopped fresh oregano**
- 9 uncooked oven-ready (no boil) lasagna noodles (each about 6-3/4 x 3-1/2 inches)**
- 1-1/2 cups reduced fat shredded mozzarella cheese**

1. Heat oven to 375°F. Brown ground beef with garlic in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings; season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Stir in pasta sauce. Set aside.
2. Combine arugula and spinach. Set aside. Combine ricotta cheese, egg whites, basil, oregano, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in small bowl.
3. Spread 1 cup meat sauce over bottom of 11-3/4 x 7-1/2-inch glass baking dish. Top with 3 noodles, 1/2 ricotta mixture, 1/2 spinach mixture, 1/2 cup mozzarella and 1-1/2 cups meat sauce. Repeat layers. Top with remaining 3 noodles and meat sauce.
4. Cover with aluminum foil. Bake in 375°F oven 45 to 50 minutes or until noodles are tender and sauce is bubbly. Remove foil; sprinkle with remaining 1/2 cup mozzarella. Bake, uncovered, 5 minutes or until cheese is melted. Let stand, loosely covered, 10 minutes before serving.

Makes 6 to 8 servings.

Nutrition information per serving: 520 calories; 12 g fat (5 g saturated fat; 3 g monounsaturated fat); 127 mg cholesterol; 1260 mg sodium; 49 g carbohydrate; 5.1 g fiber; 47 g protein; 8.1 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 6.0 mg iron; 20.3 mcg selenium; 6.1 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Cook's Tip: *Equal amounts of chopped fresh mature spinach and arugula may be substituted for fresh baby spinach and arugula.*