



*From the kitchen of:*  
Blue Zones Project®

# Inside-Out Lasagna

## *Ingredients:*

- 8 oz. whole-wheat rotini or fusilli
- 1 tbsp. extra virgin olive oil
- 1 onion, chopped
- 3 cloves cloves garlic, sliced
- 8 oz. sliced white mushrooms (about 3½ cups)
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- ½ tsp. crushed red pepper (optional)
- ¾ cup part-skim ricotta cheese

## *Directions:*

Bring a large pot of water to a boil. Add pasta; cook until just tender, 8–10 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, 4–6 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 tbsp. of ricotta.

Source: EatingWell.com

***Yields:*** Serves 4

Per Serving: 364 calories, 9 g. fat, 438 mg. sodium, 7 g. fiber, 16 g. protein

