

Salt and Serenity

Light and Lazy Lasagna

Serves 4

2 teaspoons olive oil
2 small onions, finely diced
2 cloves garlic, finely chopped
30 crimini (brown button) mushrooms, sliced
¼ teaspoon (or more) red pepper flakes
Salt and freshly ground black pepper
8 Kamut lasagna noodles, broken into bite sized pieces
6 cups washed baby spinach
Pinch freshly grated nutmeg
1 ½ cups tomato sauce
1 cup light ricotta cheese
2 ounces part skim mozzarella cheese, grated (1 cup)
1 ½ ounces grated Parmesan Reggiano cheese (1/2 cup)
¼ cup finely chopped Italian parsley

1. Heat olive oil in a large sauté pan over medium heat. Add onions and cook for 2-3 minutes until softened. Add garlic and cook for another minute. Add mushrooms, turn up heat to high and cook until mushrooms are golden brown, about 5-7 minutes more. Stir in red pepper flakes, salt and pepper.
2. While onions and mushrooms are cooking, bring large pot of heavily salted water to a boil. Add lasagna pieces and boil according to package directions, less a minute. Drain lasagna noodles and set aside. Do not wash pot yet, you will use it again.
3. Add spinach to mushroom mixture and cook over high just until spinach wilts. Stir in nutmeg and adjust salt and pepper if needed.
4. In the same pot you boiled lasagna in, heat tomato sauce. Turn off heat and whisk in ricotta cheese. Add mushroom/onion/spinach mixture, mozzarella, Parmesan cheese and noodles. Turn heat on low and mix well until everything is combined and cheeses start to melt.
5. Turn out into a serving bowl. Sprinkle with parsley.