



Basic Lasagna

9 lasagna noodles
2 eggs, beaten
1-16 oz. carton fat-free
ricotta cheese

3 cups low fat or fat free
shredded mozzarella cheese
1 jar (24 oz.) spaghetti sauce

Directions

1. Preheat oven to 350 degrees Fahrenheit. Wash hands with soap and water. Prepare the lasagna noodles according to package directions, slightly undercooking them.
2. In a bowl, combine eggs and ricotta cheese until smooth. Transfer to another bowl, if needed, and stir in **2 cups** of the mozzarella cheese.
3. Spray a 13x9" baking dish with cooking spray. Add 1 cup of the spaghetti sauce to baking dish. Top with 3 lasagna noodles and half the ricotta mixture. Repeat with 3 more noodles and rest of ricotta.
4. Top with remaining 3 noodles, spaghetti sauce and the remaining 1 cup shredded mozzarella. Bake about 35 to 45 minutes or until top is lightly browned. Let stand 10 minutes before serving. **Yield:** 6 Servings

Nutrition Facts (per serving): 222 calories, 12 grams fat, 386 milligrams sodium, 19 grams carbohydrate, 2 grams fiber, 31 grams protein