

Quick and Easy Lasagna for 2



Discover the convenience and flavor of our Quick and Easy Lasagna for 2 recipe. Satisfy your cravings with this perfectly portioned, time-saving delight that guarantees a delightful dining experience.

Preparation 5 min

Cooking 25 min

Servings 2

Nutrition Facts (per serving)

Calories 550

Fat 18

Carbohydrates 35

Fibre 5

Protein 31

Sodium 570

Ingredients

- 2 cups marinara sauce, homemade or store-bought
- 2 cloves garlic, chopped
- Pepper and salt, to taste
- 180 ml ($\frac{3}{4}$ cup) light ricotta cheese
- 250 ml (1 cup) chopped spinach
- 60 ml ($\frac{1}{4}$ cup) fresh basil leaves, chopped

ml (1 cup) frozen TVP

- 3 ready-to-cook lasagna noodles (Express type), cut in half
- 125 ml (½ cup) grated Cheddar cheese < 20% M.F.
- Parmesan cheese, to taste

Preparation

1. Preheat the oven to 450°F (230°C). Place a rack in the center of the oven.
2. In a small saucepan, heat marinara sauce and minced garlic over medium heat. Season to taste.
3. Meanwhile, in a bowl, combine ricotta, spinach and basil. Set aside.
4. Add the PVT to the hot tomato sauce. If the mixture is too thick, add more marinara sauce or canned tomato purée. Set aside.
5. In an 8" x 8" ovenproof dish, assemble lasagna: ½ cup marinara sauce, 2 lasagna pasta halves, ½ cup ricotta mixture. Repeat 2 times to make 3 layers. Finish with remaining sauce and grated cheese.
6. Bake in the oven for 25 minutes. Sprinkle with grated Parmesan cheese to taste and let stand for 10 min before serving.



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