Slow Cooker Whole Wheat Spinach Lasagna

Recipe Source: www.thrivinghomeblog.com
Serves 8-10

Ingredients:

13-14 pieces (most of a 16 oz package) uncooked whole wheat lasagna noodles
12 oz part-skim mozzarella cheese, shredded and divided (about 3 cups)
1 (15 oz) container low-fat ricotta cheese
2 eggs, beaten
2 cloves garlic, minced
2 Tbsp dried parsley flakes
1 Tbsp dried basil (or 1 Tbsp Italian seasoning blend)
¼ tsp pepper
½ tsp salt
3 cups fresh spinach, finely chopped
1 cup freshly grated Parmesan cheese
7-8 cups jarred marinara sauce (about 2-3 24 oz jars)

Steps:

- Coat the inside of a large slow cooker crock with cooking spray.
- In a mixing bowl, stir together 2 cups mozzarella cheese, ricotta, eggs, garlic, parsley, basil, pepper, salt, spinach, and Parmesan.
- Layer the lasagna in the slower cooker as follows (being generous with the sauce):
  - Sauce: Start by spreading a base layer of marinara over the bottom of the crock.
  - Noodles: Layer noodles next, breaking them apart as needed to fill in the gaps.
  - Sauce: Spread another layer of sauce over the noodles.
  - Cheese: Spread the mozzarella mixture over all the noodles.
  - Repeat the noodles/sauce/cheese two more times.
  - Top the casserole with one last layer of noodles (so you'll have four layers of noodles total), one last layer of sauce, then 1 cup of shredded mozzarella over the top. (You will not have a ricotta layer on the top.)
- Cook on low for 3 hours. Do not overcook. Let sit before cutting to serve to allow layers to set a bit.

Tips from the Test Kitchen: When cooked by the Test Kitchen, this lasagna was cooked for 3 hours on high instead of on low as the directions specify and it was not overcooked. Test the instructions given in the recipe first before trying a higher temperature.

Nutritional Facts*: per serving* Calories: 391, Carbohydrates: 34 grams, Protein: 22 grams, Total Fat: 18 grams, Saturated Fat: 8 grams, Cholesterol: 79 mg, Sodium: 1108 mg, Fiber: 6 grams, Total Sugars: 11 grams.