

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Inside Out Lasagna

Serves: 4

Modified from: www.EatingWell.com

Items Needed: cutting board, chef knife, large pot, non-stick skillet, colander, can opener, large mixing bowl, wooden spoon, measuring spoons

Ingredients:

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

Directions:

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large non-stick 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 to 6 minutes.
3. 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.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 Tablespoons of ricotta.

Nutrition Information (per 1 ½ cups):

Calories: 338 Fat: 9 g Carbs: 53 g Protein: 18 g Fiber: 8 g Sodium: 493 mg