



Recipes for Healthy Kids

Newark Beth Israel | **RWJ**Barnabas
Medical Center HEALTH

PN07984

Welcome to Hannah's Kitchen, the Cookbook!

We hope our tasty recipes leave you hungry for more. *Hannah's Kitchen* was inspired by a fellow foodie, Hannah Peretsman Breene. Her love for volunteering in the community and for cooking served as motivation for the recipes in this book.

Thanks to Hannah, kids of all ages are participating in cooking classes where they learn measuring techniques, knife skills, how to read a recipe and how to cook with nutritious ingredients.

These cooking classes provide kids and families with the knowledge to help them continue to make the best choices for a healthy life-style. We hope our kid-approved, nutritious recipes spark the same love of food and cooking in you that Hannah held in her heart.





Drink It Up!

Blue & Green Breakfast Smoothie

We call it our Blue & Green Breakfast Smoothie, but whether it's for breakfast on-the-go, an after school snack, or a sweet after dinner treat, this smoothie fits the bill! We pack three of the MyPlate food groups into one glass full of vitamins and minerals that kids and adults alike won't want to put down!

Ingredients:

- 1 cup frozen blueberries
- 1 cup fresh baby spinach
- 1 banana
- 1 cup fat-free milk
- ½ cup calcium fortified orange juice
- 1 tablespoon honey (optional)



Directions:

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 83 Calories; 0 g Fat (0 g Saturated Fat; 0 g Trans Fat); 1 mg Cholesterol; 33 mg Sodium; 18 g Carbohydrate (2 g Fiber, 13 g Sugar); 3 g Protein; 11% Daily Value (DV) Vitamin A; 21% DV Vitamin C; 15% DV Calcium; 2% DV Iron

Chocolate "Muscle Milk"

Bottled chocolate milk is typically loaded with saturated fat and sugars. Low-fat bottled versions aren't much better since they try to make up the difference in taste with artificial ingredients. Try our homemade version with natural ingredients and an extra boost of protein from the non-fat dry milk powder. Our Chocolate "Muscle Milk" makes a great after school snack or fuel for sports games.

Ingredients:

- 4 cups skim milk
- ¼ cup non-fat dry milk powder
- 2 tablespoons honey
- 1 ½ tablespoons unsweetened cocoa powder



Directions:

1. Combine all ingredients in a blender and blend until smooth and evenly combined. Pour into 4 glasses, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 135 Calories; 1g Fat (0g Saturated Fat; 0g Trans Fat); 6mg Cholesterol; 127mg Sodium; 24g Carbohydrate (1g Fiber, 23g Sugar); 10g Protein; 26% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 36% DV Calcium; 2% DV Iron

Homemade Hot Chocolate

Powdered hot chocolate mixes are loaded with sugar and artificial ingredients! With four simple ingredients, you can make a tasty hot chocolate right on your stovetop! If you want to dress this recipe up, add peppermint or almond oil for a twist on this classic winter treat!

Ingredients:

- 4 cups skim milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons honey
- 1 teaspoon vanilla extract



Directions:

1. Combine all ingredients in a medium saucepan and whisk continuously over medium-low heat until milk is steaming and warmed through. Transfer to 4 mugs, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 124 Calories; 1 g Fat (0 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 104 mg Sodium; 23 g Carbohydrate (1 g Fiber, 21 g Sugar, 8 g Added Sugar); 9 g Protein; 21% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 20% DV Vitamin D; 30% DV Calcium; 3% DV Iron; 9% Potassium.

Crunchy Almond Granola

Store bought granola can often be full of fat and sugar in the form of added oils and hidden sweeteners. This granola uses a balance of natural ingredients for a boost of energy with healthy mono and polyunsaturated fats to help you feel fuller, longer!

Ingredients:

- 1 ½ cups old-fashioned rolled oats
- ¼ cup hulled raw sunflower seeds
- ¼ cup sliced almonds
- ¼ cup unsweetened shredded coconut
- 1 teaspoon ground cinnamon
- ¼ cup honey
- 2 tablespoons vegetable oil
- 2 teaspoons vanilla extract
- ¼ cup raisins

Directions:

1. Preheat oven to 325°F. In a large mixing bowl, combine oats, sunflower seeds, almonds, coconut and cinnamon. Add honey, oil and vanilla and mix to combine evenly.
2. Spread the granola mixture onto a rimmed and greased baking sheet and bake for 20-30 minutes or until lightly browned. Be sure to stir mixture every 5-7 minutes to be sure it cooks evenly without burning.
3. Remove baking sheet from oven and allow granola to cool completely. Once cool, stir in the raisins and use granola to top your favorite low-fat yogurt, smoothie bowl or stewed fruit.

Yield: 12 servings (1/4 cup per serving)

Nutrition Facts: 124 Calories; 6 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 13 mg Sodium; 17 g Carbohydrate (2 g Fiber, 8 g Sugar); 2 g Protein; 0% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 2% DV Calcium; 4% DV Iron

Carrot & Potato Pancakes

Pancakes get a boost of nutrients from carrots in our version, making them an excellent source of vitamin A! Vitamin A is important for our eyesight and helps us to see at night time and in the dark.

Ingredients:

- 2 large russet potatoes, peeled
- 2 large carrots, peeled
- 1 small yellow onion, peeled
- 4 egg whites, beaten
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- Non-stick cooking spray
- ¾ cup unsweetened applesauce, optional

Directions:

1. Grate the peeled potatoes, carrots and onion on the large side of a box grater. Transfer the grated vegetables to a paper towel and squeeze out excess water over the sink. Add the drained vegetables to a large mixing bowl.
2. Add beaten egg whites to potato mixture and combine well.
3. Sprinkle flour, baking powder and salt over potato mixture and stir to combine.
4. Heat a non-stick skillet over medium heat and spray with cooking spray.
5. Drop potato mixture by ¼ cup scoops onto skillet leaving a 1 inch space between each pancake. Cook for 3 minutes. Flip and cook for 3 more minutes on remaining side until golden brown. Repeat with remaining potato mixture.
6. Serve pancakes with 1 tablespoon applesauce, if using. Enjoy!

Yield: 6 servings (2 pancakes per serving)

Nutrition Facts: 134 Calories; 0 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 142 mg Sodium; 28 g Carbohydrate (4 g Fiber, 3 g Sugar); 6 g Protein; 29% Daily Value (DV) Vitamin A; 35% DV Vitamin C; 7% DV Calcium; 7% DV Iron



Better Breakfasts



Blueberry Breakfast Bake

Traditional French toast recipes are high in sugar and lacking nutrients. Our version is full of fiber from the whole wheat bread and blueberries. We also swap out store bought syrup for a quick blueberry topping that sweetens up the dish without the high fructose corn syrup found in the average French toast topping.

Ingredients:

- 8 slices whole wheat bread, stale or dried out
- 2 eggs, beaten
- 1 cup skim milk

- ¼ cup brown sugar, divided
- Zest of 1 lemon, divided
- 2 teaspoons cinnamon, divided
- 2 ½ cups blueberry, divided

Directions:

1. If bread is fresh, lightly toast it to dry it out so it can better absorb the liquid. Slice bread into cubes and set aside.
2. Preheat oven to 350°F. Grease a 12 cup muffin tin with cooking spray.
3. In a large bowl, whisk together eggs, milk, 2 tablespoons brown sugar, zest of ½ lemon and 1 teaspoon cinnamon.
4. Add bread and 1 ½ cups blueberries into egg mixture and stir until the majority of the liquid is absorbed. Transfer mixture to muffin tin, dividing evenly among 12 cups.
5. In a small bowl, combine 1 tablespoon brown sugar and 1 teaspoon cinnamon. Sprinkle the topping over the French toast cups. Bake for 20-22 minutes or until top is browned and French toast is cooked through.
6. Meanwhile, in a small saucepan, combine remaining 1 cup blueberries, zest of ½ lemon and 1 tablespoon brown sugar and cook over medium-low heat for 8-10 minutes until liquid is released. Mash blueberries with a potato masher until desired consistency is reached. Use blueberry mixture as syrup to top French toast bake. Serve and enjoy!

Yield: 6 servings (2 French toast cups per serving)

Nutrition Facts: 104 Calories; 2 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 128 mg Sodium; 22 g Carbohydrate (3 g Fiber, 15 g Sugar); 1 g Protein; 56% Daily Value (DV) Vitamin A; 7% DV Vitamin C; 21% DV Calcium; 6% DV Iron



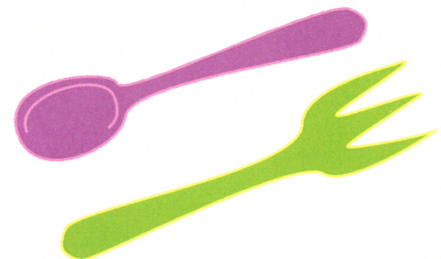
Simple Snacks

Quick & Easy Trail Mix

Exercise and playing sports makes us hungry! If we don't refuel our bodies with the proper nutrients we won't have the energy we need to play the game! This trail mix is a perfect snack for before or after a game!

Ingredients:

- ¼ cup semi-sweet chocolate chips
- 1 cup raw, hulled sunflower seeds
- ¼ cup raisins
- ½ cup Wheat Chex cereal



Directions:

1. Measure out ingredients and pour into an air-tight container or zip lock bag.
2. Shake to combine.
3. Measure out ¼ cup portions & enjoy!

Yield: 8 servings (¼ cup per serving)

Nutrition Facts: 155 Calories; 11 g Fat (2 g Saturated, 0 Trans Fat); 0g Cholesterol; 21mg Sodium; 13g Carbohydrates (2g Fiber, 6g Sugar, 3g Added Sugar); 4g Protein; 1% Daily Value (DV) Vitamin A; 1% DV Vitamin C; 0% DV Vitamin D; 2% DV Calcium; 12% DV Iron; 4% DV Potassium

Avocado Ranch Dressing

Store bought ranch dressing can be loaded with saturated fat and artificial ingredients. Homemade ranch recipes often call for high fat mayonnaise or sour cream for the base of the dressing. Try our version which uses fresh avocados, a source of healthy unsaturated fats, to achieve the same creamy texture.

Ingredients:

- 1 ripe Avocado
- $\frac{3}{4}$ cup low-fat buttermilk
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 2 cloves garlic, minced
- Juice of $\frac{1}{2}$ a lemon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 2 tablespoons fresh chives, chopped

Directions:

1. Slice through the avocado lengthwise until you feel your knife hit the pit. Continue slicing around the pit in a full circle around the avocado. Twist the avocado until it releases from the pit and you have 2 halves. Use a spoon to remove the pit, then scoop the flesh into a food processor or blender.
2. Add remaining ingredients, except chives to food processor or blender and blend until smooth and the mixture runs off of the back of a spoon.
3. Add chopped chives to mixture and pulse 2-3 times to evenly distribute chives throughout the dressing.
4. Serve over your favorite salad greens or as a dip alongside crunchy veggies.

Yield: 12 servings (2 tablespoons per serving)

Nutrition Facts: 32 Calories; 2 g Fat (0 g Saturated Fat; 0 g Trans Fat); 1 mg Cholesterol; 119 mg Sodium; 3 g Carbohydrate (1 g Fiber, 1 g Sugar); 2 g Protein; 1% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 3% DV Calcium; 1% DV Iron

Sweet & Crunchy Coleslaw

Cabbage and carrots are great ways to stretch your food dollar in the produce aisle. Not to mention their rich color means they are loaded with vitamins and minerals! Our Sweet & Crunchy Coleslaw is a good source of both Vitamin A and Vitamin C; good for the eyes, immune system and taste buds!

Ingredients:

- $\frac{1}{2}$ small red cabbage, shredded (about 2 cups)
- 2 carrots, shredded (about $\frac{1}{2}$ cup)
- 1 Granny Smith apple, julienned (cut into matchsticks)
- 2 tablespoons non-fat plain Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- Juice of 1 lemon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Directions:

1. In a large bowl, combine yogurt, olive oil, vinegar, lemon juice, salt and pepper.
2. Add in shredded cabbage, carrots and apples and toss to coat evenly.
3. For best results, cover coleslaw with plastic wrap and set it in the fridge for at least 1 hour to allow flavors to combine. Serve and enjoy!

Yield: 4 servings (1/2 cup per serving)

Nutrition Facts: 103 Calories; 7 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 169 mg Sodium; 10 g Carbohydrate (2 g Fiber, 6 g Sugar); 2 g Protein; 19% Daily Value (DV) Vitamin A; 37% DV Vitamin C; 3% DV Calcium; 2% DV Iron

Crispy Kale Chips

These kale chips are perfectly light and crispy and are sure to satisfy your craving for fried potato chips! Kale is easy to find in most grocery stores now and comes packed with vitamin K, a nutrient that is important for blood clotting. You can try this recipe with your favorite greens at home! Getting a serving of vegetables never tasted so good!

Ingredients:

- 1 bunch kale
- 2 tablespoons olive oil
- ¼ teaspoon salt



Directions:

1. Preheat oven to 275°F.
2. Remove the stem from each kale leaf and chop leaves into bite sized pieces. Transfer to a large bowl.
3. Toss kale with olive oil and salt and then transfer to a greased baking sheet.
4. Bake for 20 minutes, turning kale halfway through cook time. Allow to cool fully, serve and enjoy!

Yield: 6 servings (1/2 cup per serving)

Nutrition Facts: 73 Calories; 5 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 122 mg Sodium; 6 g Carbohydrate (1 g Fiber, 0 g Sugar); 3 g Protein; 48% Daily Value (DV) Vitamin A; 107% DV Vitamin C; 10% DV Calcium; 6% DV Iron

Pumpkin Spice Dip

This fall favorite dip whips together in no time! It is a great way to encourage your kids to try new fruits dipped into it; pears and apples are our favorites! Plus, pumpkins are packed with vitamin A for our eyes! Make this dip for an afterschool treat or as a healthier alternative on your dessert table to traditional pumpkin pie. Enjoy!

Ingredients:

- 1 can (15 ounces) pureed pumpkin
- 6 ounces nonfat vanilla Greek yogurt
- 6 ounces low-fat cream cheese, softened

- ¼ cup honey
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg



Directions:

1. Combine all ingredients in a food processor or blender and blend until smooth.
2. Serve with sliced apples, pears or pretzels for dipping. Enjoy!

Yield: 32 servings (2 tablespoons per serving)

Nutrition Facts: 30 Calories; 1 g Fat (1 g Saturated Fat; 0 g Trans Fat); 3 mg Cholesterol; 48 mg Sodium; 4 g Carbohydrate (0 g Fiber, 3 g Sugar); 1 g Protein; 16% Daily Value (DV) Vitamin A; 1% DV Vitamin C; 2% DV Calcium; 1% DV Iron

Cheesy Veggie Quesadillas

Quesadillas are a great way to use up leftover chicken, meat, or veggies from the night before. In our all veggie version, we focus on fiber which helps to reduce cholesterol levels.

Ingredients:

- 1 tablespoon canola oil
- ½ medium vidalia onion, diced
- 8 ounces white button mushrooms, chopped
- 1 clove garlic, minced
- 1 cup frozen corn kernels
- 3 cups fresh baby spinach, roughly chopped
- ¼ teaspoon black pepper
- ¼ teaspoon cumin (optional)
- 2 10-inch whole wheat tortillas
- 1/3 cup shredded low-fat cheddar cheese
- ½ cup plain, fat free Greek yogurt
- Zest and juice of ½ lime
- 1/8 teaspoon cayenne pepper (optional)

Directions:

1. Heat oil in a large skillet over medium heat. Add in onion, mushrooms and garlic and sauté for 5-6 minutes until onion and mushrooms have softened. Add in corn, spinach, pepper and cumin (if using) and sauté 1-2 minutes more. Remove vegetables from heat.
2. Assemble quesadillas: Set tortillas on a clean work surface. Spread cooked vegetable mixture onto half of each tortilla, dividing evenly. Sprinkle cheese, divided evenly, on top of the vegetables. Fold remaining half of tortilla over the top and press closed.
3. Heat a griddle over medium-low heat. Spray the surface with cooking spray and add quesadillas. Grill on each side for 3-4 minutes until slightly browned and cheese is melted.
4. In a small bowl, combine Greek yogurt, zest and juice of ½ lime and cayenne pepper (if using). Cut and serve the quesadillas topped with the yogurt mixture. Enjoy!

Yield: 4 servings (1/2 quesadilla per serving)

Nutrition Facts: 221 Calories; 6 g Fat (1 g Saturated Fat; 0 g Trans Fat); 6 mg Cholesterol; 270 mg Sodium; 33 g Carbohydrate (5 g Fiber, 4 g Sugar); 12 g Protein; 18% Daily Value (DV) Vitamin A; 15% DV Vitamin C; 16% DV Calcium; 13% DV Iron

Sweet Pea Pesto Pasta

Pesto is a versatile sauce that can be made with any greens you like; some of our favorites include spinach and kale! This Sweet Pea Pesto is a great way to eat peas, a vegetable that sometimes has a bad reputation for being mushy and tasteless. Mixed with whole grain pasta and cherry tomatoes, this meal is full of fiber and sure to please the whole family.

Ingredients:

- 1 box (13.5 oz) whole wheat penne pasta
- 1 ½ cups frozen peas, defrosted
- ½ cup parmesan cheese
- 2 cloves fresh garlic, chopped
- 2 tablespoons raw sunflower seeds, shelled
- ¼ teaspoon black pepper
- ¼ cup olive oil
- 1 pint cherry or grape tomatoes, quartered

Directions:

1. Cook pasta according to package directions. Reserve 1 cup starchy pasta water, then drain pasta and set aside.
2. Meanwhile, combine defrosted peas, parmesan cheese, garlic, sunflower seeds and black pepper in a food processor or blender. Pulse until peas are finely chopped and ingredients are well combined. With the food processor running, slowly drizzle in the olive oil until the sauce is smooth.
3. In a large mixing bowl, toss together pasta, pesto sauce and quartered tomatoes. Add starchy pasta water to help mix in pesto if necessary. Serve and enjoy!

Yield: 12 servings (1 cup per serving)

Nutrition Facts: 225 Calories; 8g Fat (2g Saturated Fat; 0g Trans Fat); 4mg Cholesterol; 67mg Sodium; 32g Carbohydrate (4g Fiber, 3g Sugar); 9g Protein; 4% Daily Value (DV) Vitamin A; 16% DV Vitamin C; 7% DV Calcium; 9% DV Iron.

Chocolate Strawberry Ladybugs

Some things in life are just meant to be together, our favorite combo is strawberries and chocolate! The fact that this healthy snack looks like a cute ladybug makes eating them even more fun!

Ingredients:

- ½ pint of strawberries (or about 10 strawberries), washed
- 60 semi-sweet chocolate chips, about ½ cup



Directions:

1. Cut leaf tops off of strawberries and slice in half lengthwise.
2. Place halved strawberries cut side down on clean work surface and gently push 3 chocolate chips, pointy side down, into the top of each berry half.

Yield: 5 servings (4 strawberry halves per serving)

Nutrition Facts: 40 Calories; 2g Fat (1g Saturated Fat; 0g Trans Fat); 0mg Cholesterol; 1mg Sodium; 6g Carbohydrate (1g Fiber, 5g Sugar); 0g Protein; 0% Daily Value (DV) Vitamin A; 28% DV Vitamin C; 1% DV Calcium; 2% DV Iron.

Snake Snacks

Jazz up your after school snack by adding a fun twist to the traditional fruit bowl! Snake Snacks are easy and fun for the whole family to make! We use sweet grapes and fresh strawberries to create an edible creature your kids won't want to put down!

Ingredients:

- 4, 6 inch wooden skewers
- 32 grapes
- 2 strawberries, halved lengthwise
- 8 semi-sweet chocolate chips



Directions:

1. Thread 8 grapes onto one of the wooden skewers leaving a 1 inch gap on the pointy end to form the snake's body.
2. Thread half of a strawberry onto the skewer with the pointy end of the strawberry facing away from the grapes to form the snake's head.
3. Press 2 chocolate chips, upside down, into the strawberry to form the snake's eyes.
4. Repeat with the remaining 3 skewers and the rest of the ingredients to make 4 snake snacks in total. Serve & enjoy!

Yield: 2 servings (2 snake snacks per serving)

Nutrition Facts: 67 Calories; 1g Fat (0g Saturated Fat, 0g Trans Fat); 0mg Cholesterol; 2mg Sodium; 17g Carbohydrate (1g Fiber, 14g Sugar); 1g Protein; 0% Daily Value (DV) Vitamin A; 21% DV Vitamin C; 1% DV Calcium; 2% DV Iron



Family Friendly Dinners



Turkey Taco Lettuce Cups

Taco Night gets a healthy make over with this lightened up version of a family favorite. We cut the meat in half by substituting half a pound of turkey for diced mushrooms to up the fiber content and add B vitamins. Ditch the fried taco shell and replace it with a lettuce cup and you won't even need shredded lettuce for a topping!

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 8 ounces 93% lean ground turkey
- 2 cloves garlic, minced
- 8 ounces button mushrooms, diced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoons cornstarch
- 1 ½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2/3 cup water
- 12 leaves Boston or Bibb lettuce

Directions:

1. Heat oil in a large sauté pan over medium heat. Add onions and cook 3-4 minutes until softened. Add ground turkey and garlic and cook 4-5 minutes until no longer pink.
2. Add diced mushrooms and cook 2-3 minutes more until mushrooms are soft.
3. Meanwhile, in a small bowl combine chili powder, cumin, cornstarch, paprika, salt and cayenne pepper.
4. Once mushrooms are softened, add spice mixture and water to pan and bring to a simmer. Simmer for 2-3 minutes until liquid has thickened.
5. Fill lettuce leaves with taco mixture and add your favorite toppings such as diced tomatoes, sliced avocado or low fat shredded cheese. Serve and enjoy!

Yield: 6 servings (2 lettuce cups per serving)

Nutrition Facts: 91 Calories; 4 g Fat (1 g Saturated Fat; 0 g Trans Fat); 19 mg Cholesterol; 323 mg Sodium; 6 g Carbohydrate (2 g Fiber, 1 g Sugar, 0 g Added Sugar); 10 g Protein; 12% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 1% DV Vitamin D; 3% DV Calcium; 11% DV Iron; 7% DV Potassium

Spinach Lasagna Spirals

Page 1 of 2

This recipe is a great one to call the whole family into the kitchen to lend a hand. Older children can chop spinach and garlic and younger children can roll up their spirals and get them ready to bake. This recipe is so tasty; it's soon to become a regular on your dinner table!

Ingredients:

- 8 whole wheat lasagna noodles
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 3 cups fresh baby spinach, chopped
- $\frac{3}{4}$ cup part-skim ricotta cheese
- 2 tablespoons grated parmesan cheese
- 1 $\frac{1}{2}$ cups low sodium tomato sauce, divided
- $\frac{1}{2}$ cup part skim mozzarella cheese

Directions:

1. Preheat oven to 375°. Spray an 8 x 8 inch casserole dish with cooking spray.
2. Bring a large pot of water to a boil. Cook lasagna noodles according to package directions. Place noodles on wax paper or other non-stick surface and allow to cool.
3. Meanwhile, heat oil in large sauté pan over medium heat. Add the garlic and cook for 30 seconds then add chopped spinach and cook until just wilted, about 2 minutes. Remove spinach from heat and set aside to cool. Once cool, add ricotta and parmesan cheese and combine.
4. Spoon $\frac{1}{2}$ cup tomato sauce into the bottom of the casserole dish.
5. Prepare the lasagna spirals: spread 2 tablespoons spinach mixture on the first lasagna noodle, top with 1 tablespoon of tomato sauce. Starting at one end, roll the noodle from end to end creating a spiral pattern. Transfer lasagna to prepared baking sheet, seam side down. Repeat this step with the remaining noodles and spinach mixture.

Directions continue on next page...

Spinach Lasagna Spirals

Page 2 of 2

6. Top the spirals with the remaining $\frac{1}{2}$ cup tomato sauce and sprinkle with mozzarella cheese. Bake for 15-20 minutes until cheese is melted. Enjoy!



Yield: 4 servings (2 lasagna spirals per serving)

Nutrition Facts: 395 Calories; 13 g Fat (5 g Saturated Fat; 0 g Trans Fat); 26 mg Cholesterol; 221 mg Sodium; 53 g Carbohydrate (7 g Fiber, 7 g Sugar); 20 g Protein; 30% Daily Value (DV) Vitamin A; 11% DV Vitamin C; 33% DV Calcium; 18% DV Iron