



Elliott Evans Nutrition, LLC
Prevent and Protect
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SPINACH-BLACK BEAN LASAGNA

Makes 6 servings

- 2 large eggs, lightly beaten
 - 1 (15-oz) container ricotta cheese
 - 1 (10-oz) package frozen chopped spinach, thawed and well drained
 - 1/4 cup chopped fresh cilantro
 - 1/2 teaspoon salt
 - 4 cups shredded Monterey Jack cheese with peppers, divided
 - 2 (16-oz) cans black beans, rinsed and drained
 - 1 (2-pound, 13-ounce) jar pasta sauce
 - 1/2 teaspoon ground cumin
 - 9 pre-cooked lasagna noodles
- Garnish: chopped fresh cilantro

- Stir together first 5 ingredients and 1 cup Monterey Jack cheese; set aside.
- Mash beans with a potato masher or fork in a large bowl; stir in pasta sauce and cumin. Spread 1/3 of bean mixture on bottom of a lightly greased 13x9-inch baking dish.
- Layer with 3 noodles, half of spinach mixture, and 1 cup Monterey Jack cheese; repeat layers. Spread with one-third bean mixture; topping with remaining 3 noodles and remaining bean mixture.
- Bake, covered, at 350 for 1 hour; uncover and top with remaining Monterey Jack cheese. Bake 5 more minutes or until cheese melts. Garnish, if desired.