

Won Ton Spinach Lasagna

adapted from Southern Living All Time Favorites Cookbook

8 servings, 8 WW points per serving

2 cups shredded mozzarella cheese, divided
1 teaspoon dried basil
1 container (24 oz) fat free cottage cheese
1 (10 oz) package frozen chopped spinach, thawed and well drained
1 cup shredded carrots (I left the carrots out)
1/2 cup Italian shredded cheese
2 egg whites
1/2 teaspoon garlic powder
1 (26 oz) jar spaghetti sauce
36 won ton wrappers
cooking spray

In a bowl combine 1 cup of mozzarella cheese, 1 teaspoon basil, cottage cheese, spinach (make sure it is well drained), carrots if using, Italian cheese, egg whites, and garlic. Set aside.

Spray a 9X13 pan with cooking spray. Spread 1/2 cup of the sauce in the pan. Arrange twelve of the won ton wrappers over the sauce. They will overlap some. Top with one-third of the cottage cheese mixture. Spoon one-third of the spaghetti sauce over the cottage cheese mixture. Repeat layers twice, ending with the spaghetti sauce. Sprinkle evenly with remaining 1 cup mozzarella cheese.

Bake at 350 degrees for 45 minutes or until bubbly and cheese melts. Let stand 10 minutes before serving.

Ricotta can be substituted for the cottage cheese. Make sure the won tons are covered in sauce so they don't get burnt while cooking.

From Lacey at www.laceywithlove.blogspot.com