



Ingredients:

- 12 oz reduced fat ground sausage
- 2 large eggs, beaten
- 16 oz cottage cheese
- 1/2 cup shredded Parmesan cheese
- 10 oz package of spinach
- 24 oz jar spaghetti sauce (or homemade sauce)
- 6 pieces of no-boil lasagna noodles
- 8 oz part-skim shredded mozzarella

Directions:

1. Cook sausage in a large skillet until browned and crumble, drain grease and set aside. In a large bowl, combine eggs, cottage cheese and 1/4 c Parmesan cheese. Cook spinach in the microwave according to the package, then add to the egg mix and stir.
2. In a 13x9 pan spread about 1/4 cup of spaghetti sauce on the bottom then lay down 3 of the no-boil noodles. These will expand when you cook them so space each one evenly.
3. Next, layer 1/2 of the egg mixture, sausage and then mozzarella cheese on top of the noodles. Cover with more spaghetti sauce, then repeat the layers. Sprinkle the remaining 1/4 cup of Parmesan cheese.
4. Cover with foil and cook in a pre-heated 375 degree oven for 25 minutes. Remove the foil, then return to the oven for about 5 minutes or until the cheese is browned on top. Let the dish sit for about 15 minutes before cutting and serving.

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