

Pumpkin, Spinach, Ricotta Lasagne...

PREP: 30mins COOK: 50mins

INGREDIENTS:

Cooking oil spray

800g Butternut Pumpkin (seeded, peeled, chopped)

300g Sweet Potato (peeled and chopped)

1 pkt baby Spinach leaves

400g Tomato based Pasta Sauce

9 sheets instant Lasagna

Large tub smooth Ricotta

½ cup grated Parmesan Cheese

½ cup grated Tasty Cheese

½ teaspoon Ground Nutmeg



Lightly spray lasagna dish with cooking oil spray. Preheat oven to 180 degrees.

Place Pumpkin and Sweet Potato in large microwave dish, cover, cook on high for 8-10 minutes. Mash.

Combine Ricotta, Parmesan, Tasty Cheese, and Nutmeg in a bowl.

Spread 1/3 Pasta Sauce on base of dish. Top with lasagna sheets.

Spread sheets with ½ mashed pumpkin/potato mix, top with ½ Spinach leaves, 1/3 Pasta Sauce, ½ Cheese mix.

Top with lasagna sheets, rest of mashed mix, Spinach leaves, Pasta sauce, finish by spreading remaining cheese mix on top. Add some extra grated cheese on top if desire.

Cover with foil and bake for 25 minutes. Remove foil and bake for further 25 minutes.

For other easy family recipes and amazing money, time and planet saving ideas go to:

www.savingmum.com.au