

UCI Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Collard Green Lasagna

Ingredients

½ pound collard greens stemmed and washed; leaves left intact (try to buy large leaves)

- 4 oz low-fat ricotta cheese
- 3 oz low-fat cottage cheese
- 2 oz skim mozzarella cheese
- 2 cups homemade marinara sauce or crushed canned tomatoes
- ½ pound lasagna noodles
- 4 ounces freshly grated Parmesan

Instructions

- 1. Bring a pot of salted water (large enough to hold the collard greens) to a boil. Blanch your collard greens by cooking them in boiling water for 2 minutes, then quickly remove and dunk them into a bowl of water and ice. Remove from the water, and dry well with a paper towel.
- 2. Preheat your oven to 350 degrees, and spray a lasagna pan with nonstick cooking spray or coat it with oil.
- 3. Mix the ricotta, cottage cheese, and mozzarella in a small bowl. Mix well and set aside.
- 4. Grab your prepared lasagna pan and coat the bottom with 1-2 tablespoons of the marinara sauce. You want to coat it lightly.
- 5. Place a layer of noodles on top of the marinara sauce, then top the noodles with a thin layer of the ricotta mixture. Cover the ricotta mixture with a layer of collard leaves. Top with a little sauce and a little parmesan. Repeat the process, leaving some sauce and parmesan cheese for the top.
- 6. Spread the remaining sauce and cheese on top of the last layer of collards, then cover with foil and bake for 30 minutes. Remove the foil and bake for 5-10 minutes or until browned on top. Allow the lasagna to rest for at least 10 minutes before cutting and serving.

*Recipe serves 6. This lasagna can be prepared 2 days in advance and stored in the refrigerator. Add 5-10 minutes to the total cooking time.

Page 1

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