



## Webinar Series Recipes

### Collard Green Lasagna

Serves 6

- 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

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.

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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.

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

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