

Spinach Lasagna

Serves two. It gets a lot of pots dirty.

- 6 lasagna noodles

For the parmesan sauce:

- 3 tablespoons margarine
- 2 tablespoons flour
- 1 cup of milk
- 1/3 cup of parmesan cheese
- 1 teaspoon of mustard

For the spinach mixture:

- 3 tablespoons margarine
- 3 tablespoons flour
- 3/4 cup of milk
- 2/3 of a box of frozen spinach
- 1/8 teaspoon of nutmeg
- 1 teaspoon of Worcestershire sauce

Cook the lasagna noodles in boiling salted water. Preheat oven to 400 degrees. Spray an 8 x 8 or 7 x 11 casserole dish with non-stick spray. For the parmesan sauce, melt the margarine in a small saucepan over medium heat, then stir in the flour. When the flour is completely dissolved, start adding the milk a little bit at a time, stirring and letting it thicken before adding more. Then add the parmesan cheese and mustard and stir until the mixture is no longer grainy. Remove from heat.

Thaw the spinach (I run hot water over it in a colander) and squeeze out as much water as possible. In a medium saucepan, melt the margarine over medium heat, then stir in the flour. When the flour is completely dissolved, start adding the milk a little bit at a time, stirring and letting it thicken before adding more. Mix in the spinach and season with the nutmeg and Worcestershire. Add additional milk if the mixture is too thick to spread.

If using an 8 x 8 casserole dish: Cut three of the cooked noodles so that they'll fit in the bottom of the casserole dish; save the pieces you cut off. Spread half the spinach mixture on top of the noodles, then spoon about two-fifths of the parmesan sauce over this. Cut the remaining lasagna noodles to fit the dish, and use the six smaller pieces to make this next layer. Spread the rest of the spinach (this part is tricky -- try dotting it around and then flattening the dots with a spoon), and another two-fifths of the parmesan sauce. Then use the remaining strips of lasagna (there should be three long ones) to make the next layer, and top it with the remaining parmesan sauce.

If using a 7 x 11 casserole dish: Lay two noodles in the bottom of the dish. Spread half the spinach mixture on top of the noodles, then spoon about two-fifths of the parmesan sauce over this. Lay two more noodles next. Spread the rest of the spinach (this part is tricky -- try dotting it around and then flattening the dots with a spoon), and another two-fifths of the parmesan sauce. The last two noodles come next; top them with the remaining parmesan sauce.

Bake for 10 minutes or until it starts to bubble around the edges.