

THEODORA

speaks



Dr. Nicole Saphier

Saphier Special

Ingredients (serving size 6)

- **Ice cubes**
- **24 ounces chilled club soda**
- **½ cup plus 1 tablespoon fresh lime juice**
- **1 ½ cups blanco tequila (I use Casa Dragones)**
- **1 medium bunch of mint**

Directions

In a large cocktail shaker, muddle the mint leaves with the lime juice. Strain into a small pitcher and stir in the silver tequila. Fill 6 highball glasses with ice and pour the cocktail over the cubes. Top each drink with club soda and serve.

Spring/Summer Spinach Lasagna

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 4 cloves garlic, minced
- 1 7-ounce jar roasted red peppers, drained and chopped
- 1 10-ounce package frozen spinach, thawed and very well drained
- 1 15-ounce container part-skim ricotta
- 1 cup part-skim shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 3 egg whites, lightly beaten
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried oregano, crushed
- 1/4 teaspoon freshly ground black pepper
- 1 24-ounce jar your favorite meatless pasta sauce
- 1/4 cup grated Parmesan cheese

Directions

In a large pot or Dutch oven, boil lasagna noodles in salted water until al dente, 10 to 12 minutes. Drain. Rinse with cold water.

In a large nonstick skillet, heat olive oil over medium-high heat. Saute onion and mushrooms until soft. Add garlic and saute an additional 30 to 60 seconds, until fragrant. Add roasted red peppers and heat through. Kill heat and set aside.

Preheat oven to 375

Squeeze spinach of excess water and pat with paper towels. Add to a mixing bowl, along with ricotta, mozzarella, 1/2 cup Parmesan, egg whites, basil, oregano, and black pepper. Stir to combine. Add mushroom mixture. Stir to combine.

Spread 1/2 cup pasta sauce on the bottom of a 9x13 glass baking dish. Layer with 3 lasagna noodles placed side-by-side lengthwise. Spread 1/2 ricotta mixture evenly on noodles. Layer with a little less than 1 cup pasta sauce. Layer again with 3 more noodles, remaining ricotta mixture, a little less than 1 cup pasta sauce, and last 3 noodles. Spread remaining pasta sauce over noodles. Sprinkle with 1/4 cup Parmesan cheese.

Cover pan with aluminum foil. Bake for 20 minutes. Remove foil. Bake an additional 10 minutes until the cheese is lightly browned. Remove from the oven and let cool for 10 minutes, to firm up.

Voila!