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## **Mushroom & Spinach Lasagna Alfredo Shopping List**

- Nonstick cooking spray
- Egg
- 1 (15 ounce) container part-skim ricotta cheese
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- Garlic
- Black pepper
- 1 (15 ounce) jar light Alfredo sauce
- Fat-free milk
- Whole grain lasagna noodles
- Carrots
- Fresh mushrooms
- Shredded part-skim mozzarella cheese
- Parmesan cheese
- Fresh basil