

Vegetable Lasagna

Serves: 6

Ingredients

1 cup sliced carrot	2 egg substitute
1 cup sliced zucchini	1 tsp. minced fresh basil
½ cup diced red pepper	1 tsp. minced fresh oregano
1 cup chopped spinach	Fresh ground pepper to taste
1 cup low-fat cottage cheese	2 cups low-fat, low-sodium marinara sauce
½ cup part-skim ricotta cheese	9 uncooked lasagna noodles

Steam carrots over boiling water for 2 minutes. Add zucchini and steam for 2 more minutes. Add red pepper and steam for 2 more minutes. Add spinach and steam for 1 more minute. Remove vegetables from heat and add remaining ingredients except the marinara sauce and lasagna noodles.

Cook noodles as directed on package.

To assemble the lasagna, place a little sauce on the bottom of the casserole dish. Place 3 noodles on top of sauce. Add a layer of vegetables and cover with a layer of cheese mixture, add some sauce. Repeat. Add last layer of noodles and top with sauce. Bake lasagna for 40 minutes. Let stand 10 minutes. Cut in squares and serve.

Per serving: 271 calories, 2 g total fat (1 g saturated fat), 0 mg cholesterol, 520 mg sodium, 18 g protein, 46 g carbohydrate, 4 g dietary fiber