

Vegetarian Lasagna

Diana Randolph - Drummond, WI

Relish Magazine - November 2012

Servings: 8

FILLING

2 tablespoons olive oil
8 ounces mushrooms, sliced
1 clove garlic, crushed
2/3 cup onion, diced
1/8 teaspoon nutmeg
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon black pepper
10 ounces frozen chopped spinach, thawed and drained
1 pound frozen chopped broccoli, thawed and drained
1 pound low-fat ricotta cheese
2 cups part-skim mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated

TO ASSEMBLE

4 cups vegetarian marinara sauce
9 to 12 whole-wheat lasagna noodles, cooked until al dente and drained
1/2 cup Parmesan cheese, grated

Preheat the oven to 350 degrees.

To prepare the filling: Heat the olive oil in a large skillet. Add the mushrooms, garlic and onion and saute' until soft. Add the nutmeg, oregano, salt and pepper. Remove from the heat and stir in the spinach, broccoli and cheeses.

To assemble: Spread one cup of marinara sauce in the bottom of a rectangular baking pan. Add three or four lasagna noodles, overlapping if needed. Top the noodles with one-third of the filling. Pour one cup of marinara sauce over the filling and sprinkle with one-third of the Parmesan cheese. Repeat the layering twice - noodles, filling, sauce and Parmesan cheese. Cover lightly with foil.

Bake for 45 minutes or until the center is hot.

Per Serving (excluding unknown items): 89 Calories; 5g Fat (48.9% calories from fat); 5g Protein; 7g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Pasta, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	.2mg
------------------	----	------------------	------

