

Lasagna

Servings: 4

Exchanges: One serving = 1 medium-fat meat, 1 vegetable, 2 bread.

1/2 medium onion, chopped
1/4 cup green pepper, chopped
5 ounces tomato sauce (sugarless)
1/4 cup sliced mushrooms
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
5 ounces lasagna noodles
vegetable spray
1/2 cup part-skim ricotta cheese
1/2 cup skim milk mozzarella cheese, grated
2 tablespoons Romano cheese, grated

In nonstick skillet, saute' onion and green pepper. Add tomato sauce, sliced mushrooms, garlic and herbs. Simmer for 20 minutes until sauce is reduced and vegetables cooked.

In a large kettle, bring water to a boil. Drop in lasagna noodles, one at a time, being careful not to break them. Cook for 12-15 minutes, until noodles are tender but not soggy. Drain in colander.

Coat a baking dish with vegetable spray. Place a layer of drained noodles in dish. Spread some ricotta cheese over noodles, then tomato sauce, then a layer of mozzarella. Repeat the layering several times, until all ingredients are used.

Sprinkle with Romano cheese and bake in preheated 350 degree oven for 40 minutes, until browned.

Per Serving (excluding unknown items): 240 Calories; 6g Fat (24.4% calories from fat); 14g Protein; 32g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 159mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.