

Vegetable Lasagna

9 whole wheat lasagna noodles, uncooked	1 14.5 oz can no added salt diced tomatoes
1 zucchini	2 Tablespoons fresh basil
1 eggplant	1 tsp dried oregano
8 oz baby Bella mushrooms, sliced	1 tsp dried rosemary
2 cups fresh spinach	½ tsp crushed red pepper flakes
3 garlic cloves	Pinch of cinnamon
1 small onion, chopped	1 6 oz non fat ricotta cheese
2 Tablespoons olive oil	2 egg whites, slightly beaten
1 28-oz canned no added salt crushed tomatoes	1 cup shredded part skim mozzarella cheese, plus ¼ cup
1 6-oz can tomato paste	¼ cup parmesan cheese

To prepare vegetables: Pre-heat oven to 400°F. Chop zucchini and eggplant into 1-inch quartered pieces. Place on baking sheet with mushrooms. Add 1 Tablespoon oil. Cover with foil and place in oven for 20 minutes.

To prepare sauce: Heat 1 tablespoon oil in medium saucepan over medium heat. Add garlic and onion. Sauté until onion is tender and garlic is golden brown, about 6-7 minutes. Add crushed tomatoes, tomato paste and diced tomatoes. Bring to boil. Add oregano, rosemary, pepper flakes and cinnamon. Turn heat to low and simmer for 20-30 minutes.

To prepare cheese mixture: Mix ricotta cheese, 1 cup mozzarella, egg and parmesan cheese. Set aside.

To prepare lasagna: Decrease oven temperature to 350°F. Using a 9 x 13 baking dish, spread bottom layer with sauce. Place 3 lasagna noodles over sauce followed by 1/3 of the remaining sauce, vegetables, spinach and cheese mixture. Continue to layer with noodles, sauce, vegetables and cheese in the above order. Finish top layer and cover with remaining shredded cheese. Cook for 45 minutes covered. Let sit 10 minutes before serving.

Serves 8.

Calories 340 Fat 10g Carbohydrate 42g Dietary Fiber 10g Protein 20g Sodium 460mg