



Garden Vegetable Lasagna

Serves 6

6	Lasagna noodles
$\frac{3}{4}$ cup	Zucchini, sliced
1 cup	Broccoli, cut into bite-size pieces
1 lb	Mushrooms, sliced
$\frac{1}{4}$ cup	Onions, chopped
1 cup	Cottage cheese, 1% low fat
6	Roma tomatoes, diced
1-1/2 cup	Marinara spaghetti sauce
$\frac{3}{4}$ cup	Mozzarella cheese, part-skim, shredded
2 Tbsp	Parmesan cheese, grated
1	Garlic clove



Preheat the oven to 375°. In a large skillet, steam zucchini, summer squash, mushrooms and onions for 5 minutes, until squash is tender crisp. Drain well. In a bowl, mix together cottage cheese, Parmesan cheese, and garlic. Using a 9 x 9 inch, square baking pan, layer lasagna like this: $\frac{1}{4}$ marinara sauce, 3 dry noodles, $\frac{1}{2}$ cottage cheese mixture, $\frac{1}{2}$ vegetable mixture, $\frac{1}{2}$ marinara, $\frac{1}{2}$ tomatoes, $\frac{1}{2}$ mozzarella. Repeat layers ending with $\frac{1}{4}$ marinara sauce. Bake 45 minutes, then add remainder of mozzarella and place back into the oven until cheese melts. Let sit 10 minutes, then cut.

Recipe Nutrition per serving

247 calories; 17 gm protein; 16 gm carbohydrate; 6 gm total fat; 3 saturated fat; 0 trans fat; 12 mg cholesterol; 5 gm fiber; 539 sodium